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love your life

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Lauren Graham

She's finally in love & it's *such* a cute story

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43 simple ways to look younger

Prepare to get carded!

THE HEALTH Q&A THAT COULD SAVE YOUR LIFE p.210



MEET FREDERIC FEKKAI

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TIP—BRILLIANCE THAT REFRESHES AS
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THE DAY.

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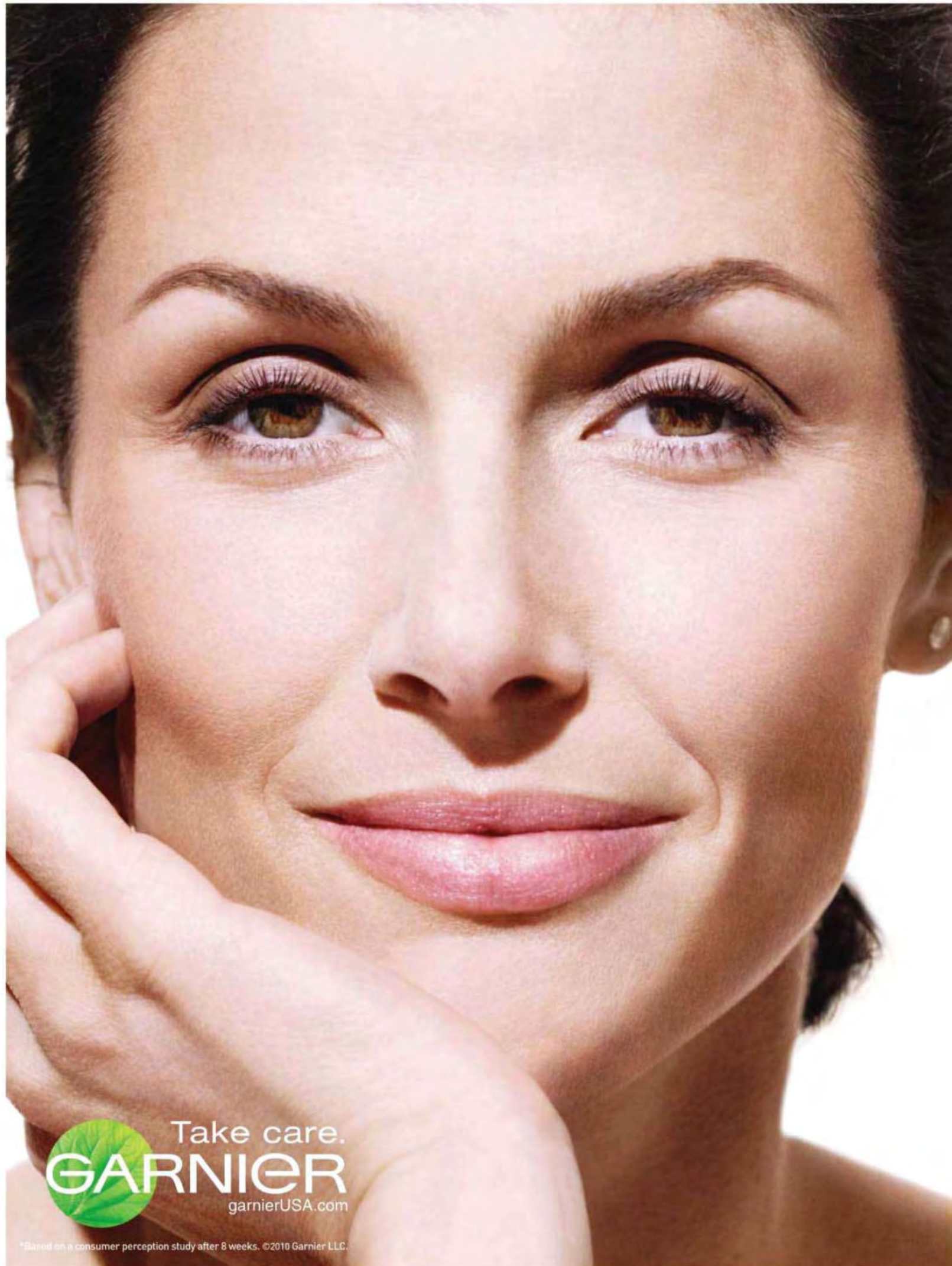


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[after]



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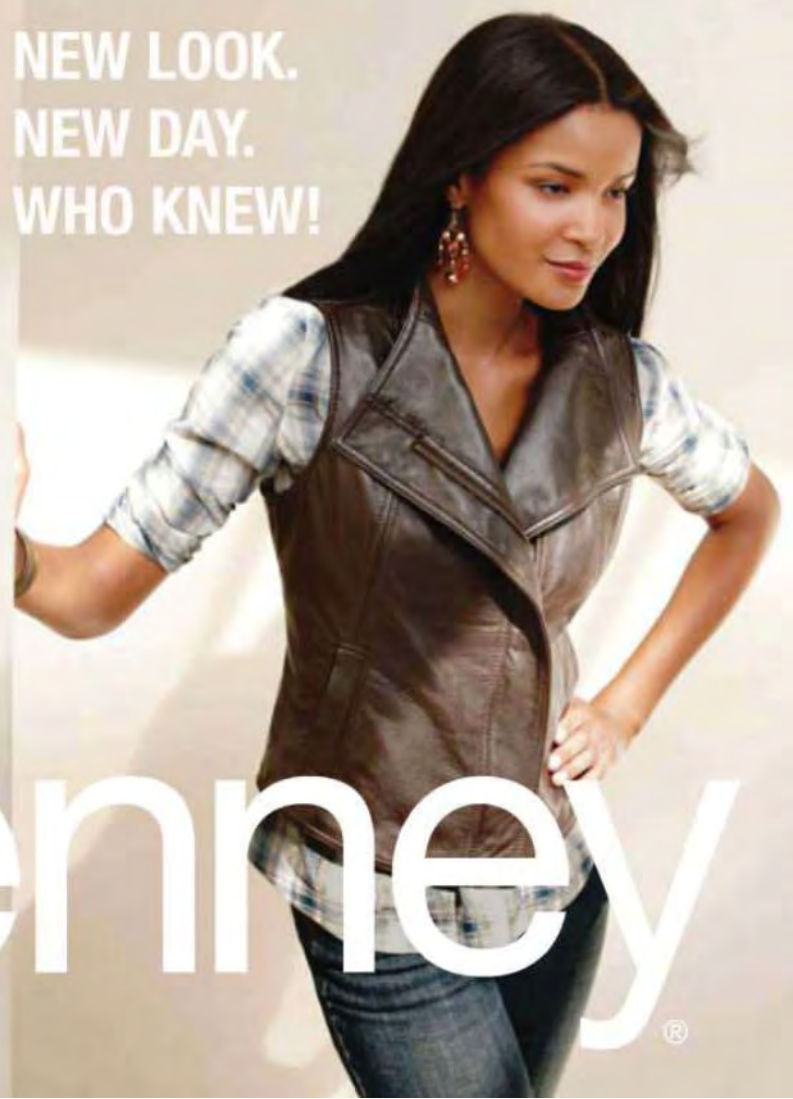
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Lauren Graham photographed exclusively for REDBOOK by Matthew Rolston. Hair: Mara Roszak for Tresemmé at star worksartists.com. Makeup: Kara Yoshimoto Bua for Chanel at traceymattingly.com. Manicure: Lisa Jachno at Cloutier Remix for Dior Beauty. Stylist: Petra Flannery at margaretmaldonado.com. Dress: Reiss. Earrings: Ippolita. Ring: Dana Rebecca Designs. Get Lauren Graham's look with makeup by Revlon and hair care by Tresemmé. Makeup: Revlon PhotoReady Makeup in Vanilla. Matte Blush in Rose Rapture. ColorBurst Lipstick in Baby Pink. Super Lustrous Lipgloss in Peach Petal. Grow Luscious Mascara in Black. ColorStay 12 Hour Eyeshadow in Blushed Wines. Hair: Tresemmé Fresh Start No-Frizz Crème. Tresemmé Naturals Finishing Spray.

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OLAY

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Your insider's guide to the new REDBOOK

Have you ever arrived home after making what you think is a major beauty change—check out my lowlights!—only to have your husband look straight at you, open a beer, and notice nothing? In this way, husbands and magazine readers can be similar. (Bear with me.) We editors think we've rocked our pages with some momentous transformation, but readers often take a look and shrug. Well, this month we went *way* beyond lowlights. The REDBOOK you have in your hands is completely made over, cover to cover. We've dreamed up new sections and columns, and added more beauty, fashion, health, fun celebrities, interesting real women, and a whole mini-magazine devoted to food starting on page 225. Finally, we've packaged it all in a fresh, modern design lit up by fabulous photography.

You played a big role in this process, sending us your story ideas and strong opinions, which is why we invented Spill, Vent, Gossip, Go! (page 29). It's a section designed to capture readers' voices, buzzing this month about everything from teen tattoos to cheater comebacks. (To get counted in next month's polls—and even quoted in the magazine—go to redbookmag.com or facebook.com/redbook.) So really, you're already insiders when it comes to the new REDBOOK, but these notes will tell you even more. Thanks for your help, ladies, and keep letting us know what you want REDBOOK to do for you. We're listening!

Jill

Jill Herzig, Editor-in-Chief
Redbooked@hearst.com

INSIDER SECRET #2

THE PAIR ON PAGE 214 LOOK IN LOVE—BECAUSE THEY ARE!

For this story we wanted a picture that felt sexy, sweet, and not pose-y. You can't get that with models, says photographer Stephanie Rausser (left), so she shot an actual couple. "It was great," she laughs. "They could hardly keep their hands off each other."



INSIDER SECRET #1

There's no reason to spend over \$50—on anything.

I challenged our editors to hunt down the world's most stylish deals for our new 50 Under \$50 section, and they delivered. Want three more? Okay!



Drop earrings that'll instantly glamorize any outfit, and a delicate new scent (in the prettiest bottle). Earrings, Spring Street, \$35; Urban Chic, 202-338-5398. Perfume, Nanette Lepore, \$48; sephora.com.



With jeans and heels, you'll be set for a night out. Top, The Limited, \$49.90; thelimited.com.

It was hard to pick just 50 things!



Stay in touch with REDBOOK on Twitter: Follow us @redbookmag to hear all of the behind-the-scenes scoop from the magazine!



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Christy is wearing Instant Age Rewind® The Eraser Treatment Makeup in Pure Beige. ©2010 Maybelline LLC.

*Doesn't just cover; after 8 weeks of use reduces imperfections without makeup on. **One patent granted, two patents pending.

Visual is a dramatization of actual product results.

INSIDER SECRET #3

There are tricks for great kid pics.

PHOTOGRAPHER MATT HRANEK CAPTURES MAXIMUM CUTENESS ON PAGE 196. THESE ARE HIS GREAT TIPS.

Instead of trying to pose kids doing something you think is adorable, capture them in the middle of something they actually enjoy. Great shots will come naturally.

Take one step in from where you would normally stand. Being closer elicits a more emotional response.

Tell them to say "boogers" instead of "cheese." It gets a laugh every time!



Meet Andrew Shue and wife Amy Robach on page 152.

INSIDER SECRET #4

Guys are softies.

The priceless love letters on page 214 prove that, but I was also floored by what actor/entrepreneur Andrew Shue said when we asked what inspired him to create the online community CafeMom: "My mother was a single, working mom of four. She struggled, and she was isolated. Many moms want to share their experiences, so the idea of a website to connect them came naturally."

INSIDER SECRET #5

IT'S MENU MADNESS OUT THERE.

Kids eat double the calories at restaurants than they would at a home-cooked meal, according to studies. So every month we're giving you a healthier-at-home version of a restaurant fave. The quesadilla on page 250 saves you 1,359 calories and 103 grams of fat. Wow.



INSIDER SECRET #6

You can buy Lauren Graham's earrings for \$2,495. Or...



... you can get yourself a pair of gorgeous lookalikes!



Earrings above, Kendra Scott, \$100; kendrascott.com. Earrings at left, Lia Sophia, \$78; liasophia.com.

INSIDER SECRET #7



ARMS SHAPE UP FASTER THAN ANY OTHER BODY PART.

That's what a trainer told us on our shoot for Lazy Women's Fitness. (It's because they typically carry less fat.) Do arm exercises like the ones this model demonstrates on page 102 three times a week and you'll begin to see results in three to four weeks. Okay, okay, I'm starting!

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*Based on unit sales among anti-aging makeup brands sold in food, drug and major discount retailers (excluding Wal-Mart) 1.1.10 through 6.13.10. InfoScan, Information Resources, Inc.

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THIS MONTH'S CLICK PICKS

Boo-tiful decorations

redbookmag.com/halloweenideas



It's all here, from how-to's for cool props (like these creature pumpkins) to Dracula fingers and other fun, utterly festive recipes.

Jen's hair guy styles you!

redbookmag.com/hairtool



Okay, it's the next best thing: We put our fave celeb looks from this month's issue online so you can try them on. Upload your pic, then play with hairstyles and makeup. You will find your next fun beauty change.

Must-know health info

redbookmag.com/bcam



Helloooo.... October is Breast Cancer Awareness Month. You take care of everyone else in your life; don't forget about you. We've got the latest on how to protect your pair.

A SUPERSEXY GIVEAWAY

Enter to score one of the Booty Parlor prizes—including massage candles, lip glosses, and body lotion—that we're offering up every day this month. (Your guy will be just as excited as you are if you win. Trust us.)



REDBOOK'S HOT HUSBAND OF THE MONTH

Name: Paul TenHaken, 32, Sioux Falls, SD

Job: President of an online marketing business

Family: Married 11 years; father to Jade, 4, and Max, 1

His wife, Jill, loves to tell their engagement story: After dating for 11 months, Paul got down on one knee in front of her... and a crowd of 3,000 people. "I was a dancer for the basketball team in town, and Paul arranged to propose during halftime," she says. But Paul's not all about grand gestures, she continues: "Every evening when he gets home from work, he'll take our daughter, Jade, to the park to get Popsicles for dessert. It's really cute!"

Want to see your guy in this spot? Tell us all about him at redbookmag/hotusband—and enter to win our America's Hottest Husband contest.



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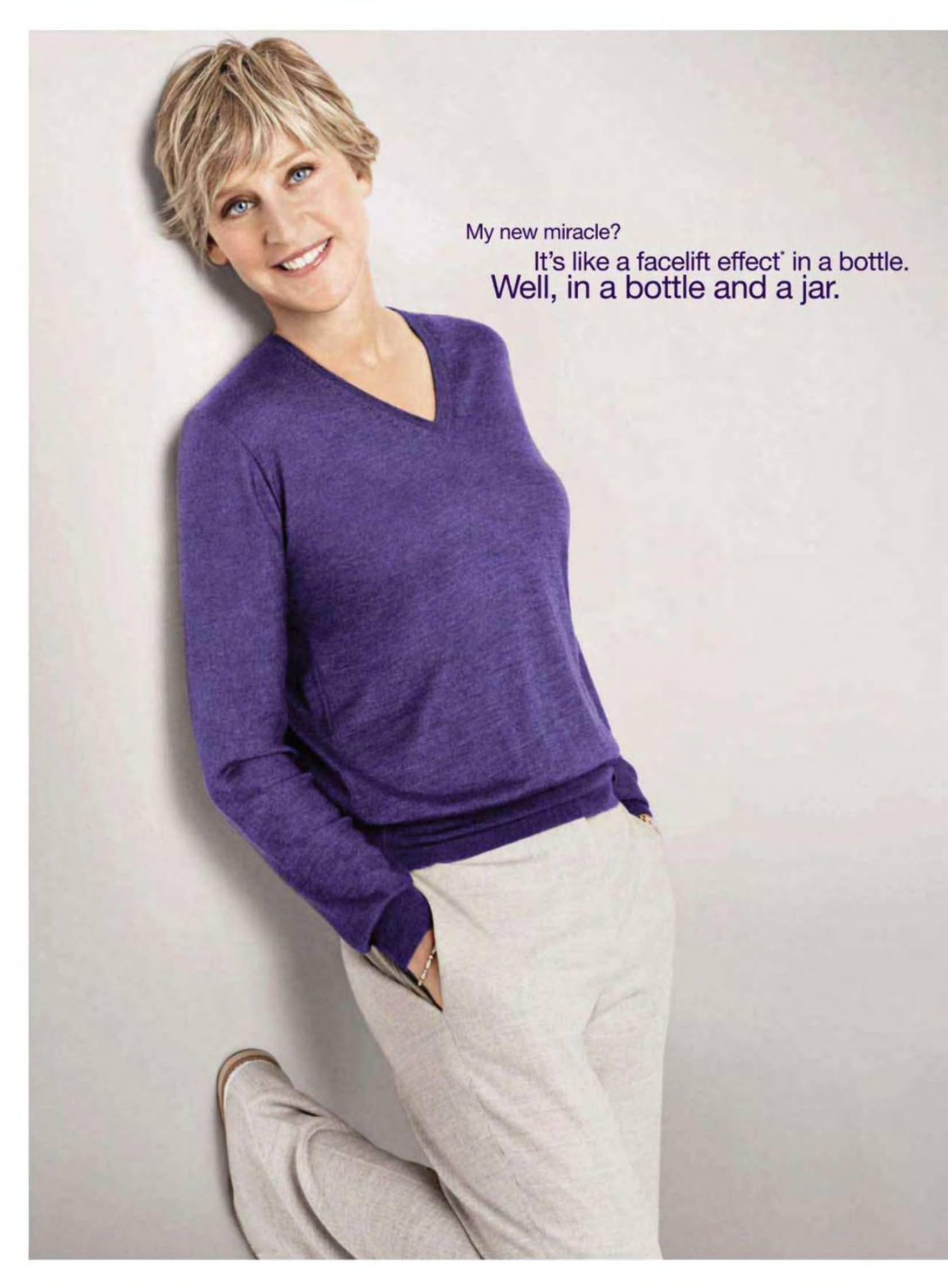
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*Kris-Etherton, et al.; *Am J Clin Nutr* 2000;71(suppl):179S-88S.

REPLY ALL

"As a first-time mom who is expecting a child through adoption, I was thrilled to read Sheryl Crow's story!"



OH, BABY!

Thank you for your adoption-friendly August issue. As a first-time mom expecting a child through adoption, I was thrilled to read the interview with Sheryl Crow and the unbelievable story of the Kamnik family ["Three Babies in One Year?"]. After a year of unsuccessful fertility treatments, and some of the saddest months of my life, our adoption experience has been one of hope, joy, and anticipation. I'm so glad those very feelings were portrayed to your readers.

ANNA SULLIVAN, *St. Paul, MN*

I found the article "Three Babies in One Year?" very relatable. I struggled through my pregnancies (two miscarriages, one ectopic pregnancy, and one stillbirth at 5 months). After my last miscarriage, I gave up hope that I could carry a baby to term and adopted. When my daughter was 16 months old, I discovered I was pregnant by no means of medicine—something my doctor thought couldn't happen. Now, I have two beautiful daughters who are exactly 1 year and 360 days apart.

R.K., *Brooklyn, NY*

GOOD ADVICE?

I was dismayed at Karen Karbo's response to the woman whose husband had suffered a severe head injury [The Heart Stuff, August]. Raising the possibility of an extramarital affair to satisfy her sexual needs was terrible advice. I have a friend who was in a similar situation. His wife was sick. He went outside the marriage to get his needs met, and even now, years after his wife passed away, he regrets what he did. Marriage vows are taken for better and for worse; it's up to us to face our situations with integrity and honor.

KATHY GROH CANBY, *Ballwin, MS*

MOMMIES UNITE

As the mom of a 6-year-old, I appreciated Alice Bradley's essay ["Is My Son Trying to Make Me Nuts?" August]. I've been rolling with the moods, and it is difficult. Knowing I am not alone in this phase of motherhood is priceless.

TRACY MCCOY, *Irmo, SC*

Now you can click to get more Alice online!
Find her new blog on redbookmag.com.



I LOVE MY REDBOOK

PATRICIA GEORGE, 78

"This picture was taken when I was

18 years old. I was about to board a Greyhound bus in Daytona Beach, FL, to visit my big sister in California. I loved REDBOOK back then, and I subscribe now. It's beautiful to flip through, and I enjoy the home and food tips. I have Hungry Girl's Yum Yum Brownie Muffin recipe hanging on my fridge. My daughters read REDBOOK too!"

Tell us what you're thinking! Email redbook@hearst.com, or write to us at Redbook Mail, 300 W. 57th St., New York, NY 10019. Letters may be edited for clarity and length.

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take note



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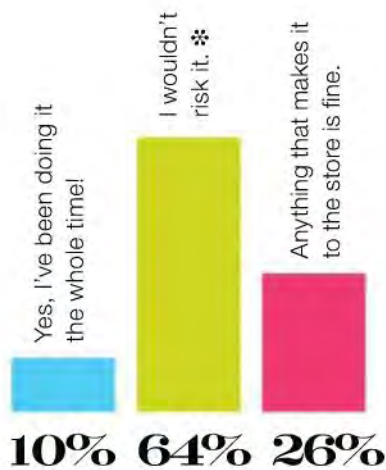
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ElizabethArden.com



The oil spill has been plugged and waters in the Gulf of Mexico are open for fishing. **Would you eat seafood from the Gulf?**



❖ The FDA says that all fish harvested from the Gulf and making it into stores is from safe, oil-free waters.

SPILL VENT GOSSIP GO!

EVERYTHING
YOU CAN'T STOP
TALKING ABOUT
RIGHT NOW

ELIOT SPITZER IS COHOSTING A NEW SHOW ON CNN THIS FALL...
DO YOU THINK THE PUBLIC SHOULD GIVE CHEATERS LIKE HIM A SECOND CHANCE?

✓ **NO**

"If he cheats on his wife, then he'll cheat the public."

—AUBREY DUNN, Oregon

"We need to start holding people accountable for their actions and giving jobs to people who actually deserve them."

—LISA BUTZER, Pennsylvania

✓ **YES**

"Everyone deserves a chance to change."

—LINDA KUTENITS, New Jersey

"It depends on how they came clean. Eliot Spitzer went out of his way to make amends with the public."—LAUREN MARIE SCHWARTZ, Florida

"He shouldn't be scorned professionally for making bad decisions in his personal life."

—STEVIE CURRY, Oregon

QUICK QUESTION:

Would you let your **TWEEN** wear these costumes on Halloween?



63%
said no

"That's not even appropriate for me to wear," said one responder.



77%
said no

A voter noted, "It's not only inappropriate, it looks like it should be illegal!"



87%
said no

Candy striper or candy stripper?
"Not fit to roam hospital halls or streets," said a responder.



Monica who?



MOMMY BLOGGER FACE-OFF

SHOULD **BABIES** BE
ALLOWED IN **BARS**?



✓ **YES**

Let moms bring their babies into bars.

"Look, if babies get loud or disruptive, they can easily be relocated and calmed. The same can't exactly be said of adults who've had a few too many. And let's be honest: If a new mom isn't welcome with her child in public spaces, she might never get out of the house and socialize with adults! So shouldn't we cut her some slack, make her life easier, and let her bring her baby? In fact, buy that mom a glass of wine!"

—CATHERINE CONNORS, HERBADMOTHER.COM

✓ **NO**

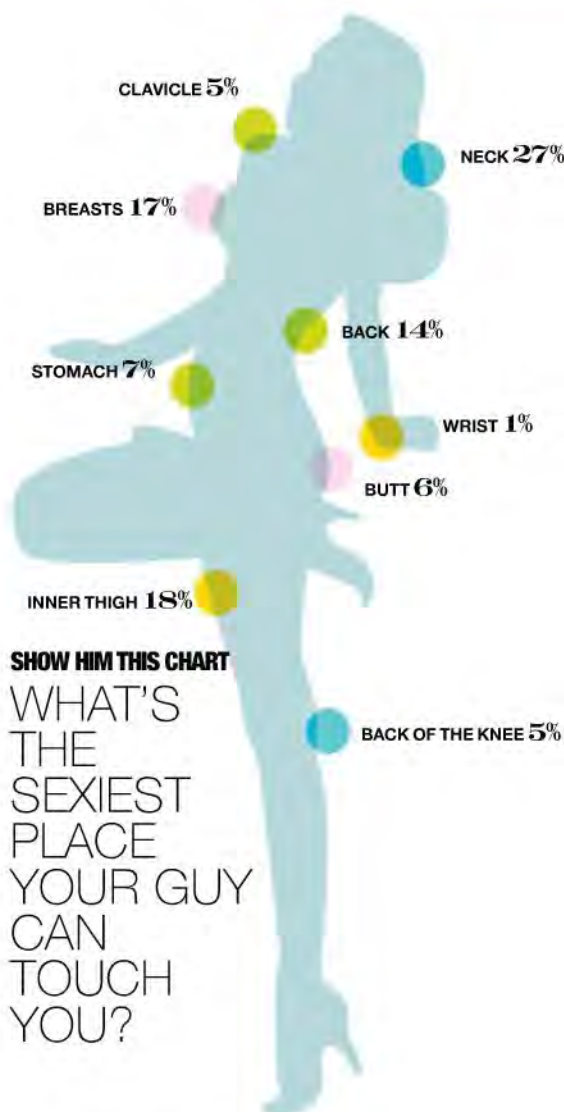
There are some places babies just don't belong.

"A bar is one of the few places that should guarantee a child-free experience. The drunks, the noise—what kind of environment is that for a baby? And when I go to a place that caters to adults, I expect to be around...adults! Having children in that setting changes the dynamic. I want to think about myself, not 'ooh' and 'ahh' over a baby. Sure, all moms need a night out. But if they can't find a sitter, they shouldn't go to a bar. It's only fair."

—JILL SMOKLER, SCARYMOMMY.COM



Jump into the debate! These bloggers will respond to your comments at redbookmag.com/babiesinbars.



SHOW HIM THIS CHART

WHAT'S
THE
SEXIEST
PLACE
YOUR GUY
CAN
TOUCH
YOU?

“PATHETIC”

That's the word **55 percent** of readers used to describe scheduling in time to have sex.

WOW, THAT WAS EMBARRASSING!

"On a trip to Europe, a friend and I got standing-room tickets to the Vienna Opera, but I found a place to rest my legs—and fell asleep! That is, until a gun was fired on stage and I screamed at the top of my lungs. The entire theater laughed at me." —D.M., AUSTIN, TX



"When my daughter was learning her ABC's, her teacher asked if she knew a word starting in *f*. She did—that *f* word. Her justification? "My mommy says it all the time." When her teacher called that night, I was mortified, and I tried to explain that it's her father who says it more!" —H.R., PORT CHESTER, NY

"One Halloween, I rented a Southern belle outfit, complete with giant hoop skirt and ruffles. I could barely squeeze the hoop into my Honda Civic—let alone see past the skirt to drive. It was even worse when I tried to fit into a stall at a public restroom!" —B.T., HELENA, MT



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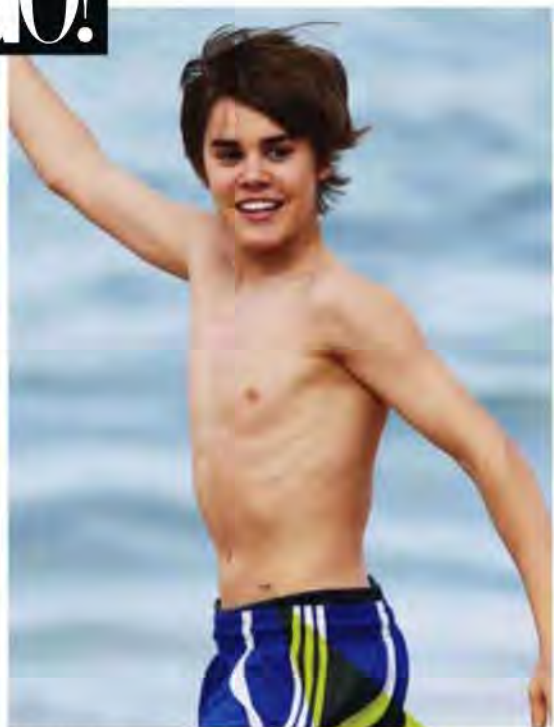
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HEY, MOMS!

WOULD YOU TAKE YOUR TEEN TO GET A TATTOO?

*Sure, why
not?*



*If he/she were
18 years old*



*Not in a
million years*



Justin Bieber's dad reportedly took the 16-year-old to get this bird tattoo, which matches his own.

BE GLAD YOU'RE NOT 20

The style flubs of your youth (hello, crimping iron!) look tame next to one of the latest crazes.

Circle contact lenses make eyes appear larger by covering part of the whites, à la Lady Gaga in her "Bad Romance" video. They're illegal in the United States, but young women are dodging the law by buying them online. The alien look isn't the scariest part: Women risk blindness, since the lenses aren't properly fitted. *Sigh.* What happened to just batting your lashes?



Should bake sales be banned because of the obesity epidemic?

A whopping 95% of you said...



"If a person wants a cupcake, the lack of bake sales isn't going to stop them," says reader Julia Strouse, 29, of Spencer, IN.

TELL US

*How many
hours of sleep do
you get a night?*



8-10 hours
regularly

16%



7-8 hours
every night

31%



I'm lucky if I get
6 hours

53%

Sense the Moment



[FRAGRANCE]

Scent can instantly stir a memory or create a mood. Maybe that's because our sense of smell is more sensitive than any other.

Turn the page for the latest scents to give and get, plus 30 tips and truths to inspire you—or your man—to build a fragrance wardrobe to fit any moment.



Visit www.30daysofbeauty.com for beauty tips, video demonstrations, an exclusive gift with purchase and fabulous daily sweepstakes!



1. Choose a fragrance that's as original as you are—like the sparkling, sensuous blend of mimosa and fig in **Halle by Halle Berry**.

2. Did you know? The use of perfume dates back to the Egyptians—who invented the glass perfume bottle, some think.

3. Fragrance should complement your natural beauty, like the effortlessly sexy and stylish **Halle by Halle Berry** scent.

4. When building a fragrance wardrobe, make sure it includes a rich oriental like **Halle by Halle Berry**.

5. When shopping for a fragrance, always try it on first. The way it works with your body's unique chemistry is what makes it your own.

6. Choose a fragrance that **empowers** you—like the bright, effervescent, sensual blend of **CELINE DION PURE BRILLIANCE**.

7. Going to a party? Lightly mist the outside of your hand before leaving home—and make greeting someone subtly personal.

8. Perfumes smell best when kept at room temperature.

9. The addition of a sequined top easily takes an outfit from day to night.

10. Feel radiant in the moment with the sparkling combination of pear, apple, and green leaves found in **Celine Dion Pure Brilliance**.



Halle

by halle berry

experience the fragrance collection



discover the seductive scent

experience the original sexy scent

11. Want to create a relaxing moment? Choose soft fragrance notes such as florals and citrus.

12. Did you know? Our preference for a scent is often the result of emotional connections we attach to it from youth.

13. To enjoy a favorite fragrance longer, keep it away from the humidity of the bathroom.

14. Linen remains the classic embodiment of relaxed chic.

15. Natural materials like linen and cotton let fragrance breathe.

16. Like an accessory, fragrance should complement your wardrobe. If the look is light and airy, your fragrance should be, too.

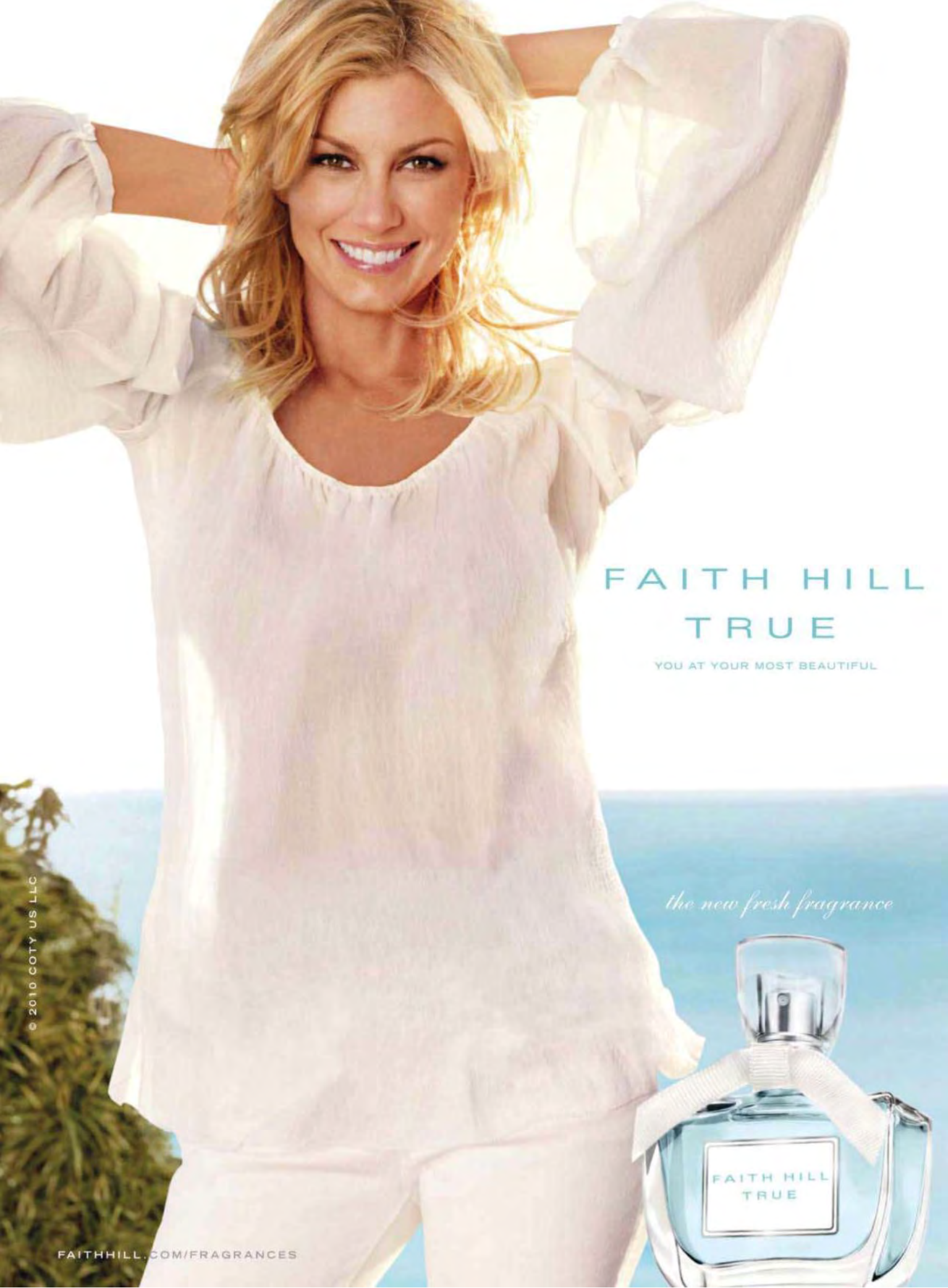
17. You're captivating and original. Choose a fragrance that expresses your true self, like **Faith Hill True**.

18. Apply fragrance to unexpected pulse points—like the backs of your knees.

19. If your wardrobe imparts subtle sexuality, complement it with notes of musk and precious wood, as found in **Faith Hill True**.

20. Casually elegant moments call for a breezy floral, like the gardenia, lily and sheer mimosa of **FAITH HILL TRUE**.





FAITH HILL
TRUE

YOU AT YOUR MOST BEAUTIFUL

the new fresh fragrance



21. Give him a fragrance that suits both his "downtown" and "down home" sides—like **McGraw Silver**.

22. Dressed-up dark denim is a man's perfect city-chic uniform.

23. Did you know? In some countries, sandalwood is valued as an important part of religious rituals.

24. A vintage belt buckle lets your man make the moment—and the outfit—his own.

25. Capture his cool, sophisticated personality with the watery aromatics and green leaves found in **McGRAW SILVER**.



26. Dressed up or down, a suede shirt is a rich, masculine addition to your man's wardrobe.

27. Scents that have mossy or leather notes appeal to a man's adventurous spirit.

28. No matter the moment, he is always honest and authentic—like the blend of citrus and amber found in **Stetson**.

29. Did you know? Scent evokes specific moments because the part of the brain responsible for this sense is related to memory.

30. Awaken spirited memories of the great outdoors with the sandalwood and oakmoss of **Stetson**.



MCGRAW SILVER



WHERE DOWN HOME MEETS DOWNTOWN

THE NEW COLOGNE FROM TIM MCGRAW

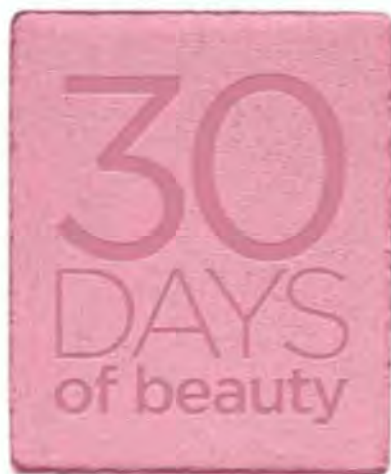
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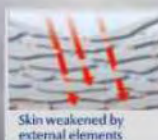
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1



2



3

3
lux
color
for \$25



BUILT

5



6



7



4

1 A royally fashionable blue tote: We can't get over how expensive this looks. Mark tote, \$30; meetmark.com. 2 Gild your finger with this pretty bloom. Spring Street ring, \$25; Head to Toe, New Orleans, LA, 504-528-9000. 3 Three lipsticks for the price of one—and they benefit breast cancer research (love!). Estée Lauder Pink Ribbon Collection Evelyn Lauder Lip Design Collection, \$25; esteelauder.com. 4 A 9-to-5-to-night-out number that makes your body look seriously rockin'. Nicole by Nicole Miller colorblock dress, \$39.99; jcp.com. 5 A punchy-sweet way to fancy up (and protect) your e-reader. Built Kindle Sleeve, \$29.99; amazon.com. 6 Wear this and all other jewelry becomes irrelevant. Carol Dauplaise Ltd. ring, \$16; Merra-lee, Geneva, IL, 630-232-0500. 7 Such a chic little gold purse: It's a wardrobe essential. Clutch, \$22.90, windsorstore.com.

50
UNDER \$50



A SHOWSTOPPING DRESS, A STELLAR SCENT, & ENOUGH

8 This leaf green, playfully oversize calculator turns bill-paying into something *almost* appealing. ELA desktop calculator, \$30; momastore.org. 9 A graphic print matched with a sexily feminine shape—this strapless style would be great on its own for parties, or adorable with a bright cardi thrown over it. Dress, \$44.90; windsorstore.com. 10 A comeback we can really get behind: The iconic Arden fragrance returns. Elizabeth Arden Red Door Eau de Toilette Spray Naturel, \$48; Elizabeth Arden counters. 11 Like friendship bracelets for grown-ups. Pile them on—or gift one to your bestie! Bangles, \$45 to \$49.99 for set; rosenasammi.com. 12 With its high-gloss finish and lipstick-red hue, this is one compelling excuse to give your go-to brown belt a break. Patent leather belt, \$14.99; jcp.com.



BRIGHT CUPS TO THROW THE **CUTEST TEA PARTY EVER.**

13 Indulge your inner Lady Gaga with these paparazzi blockers. (Trust us: they're surprisingly subtle on.) Sunglasses, \$8.90; windsorstore.com.

14 Perhaps the chicest desk organizer we've seen: It's a gadget recharging station, with space to stick notepads and pens in the top slot and a little drawer for paper clips and random scraps. Jonathan Adler Desk Dock Organizer, \$24.95; lifeguardpress.com. **15** Circle pendants are really big right now, and this one has a gorgeous simplicity—it's one of those cases where less is more. Reversible pendant necklace, \$49.99; annabeckdesigns.com. **16** The midday slump just got way more bearable, thanks to these cheery espresso cups. (They come with matching saucers!) We perk up just thinking about them. BIA Cordon Bleu Assorted Espresso Cups & Saucers, \$45 for the set; bloomingdales.com.

50
UNDER \$50



REVERSE STICKER SHOCK! THESE ONLY LOOK EXPENSIVE

17 Nesting bowls—and a little set of accompanying measuring tools—fun enough to make even the grumpiest kid want to help you in the kitchen. Joseph Joseph Nest 8 Preparation Bowl Set, \$49.99; bloomingdales.com. **18** Just clean, simple, unfussy design that looks great on a bedside table or a small desk. Lamp, \$19.99, Ikea. **19** There's something so sweetly retro about this supersoft cardigan, adorned with a little rose detail. Rosette cardigan, \$29.50; oldnavy.com. **20** Judy Jetson wants her watch back—and we don't blame her. Watch, \$49.99; crowwatches.com. **21** Nubby texture and a kicky dose of bright orange give this throw pillow interest; the neutral gray and white give it versatility. Pillow, \$48, chiasso.com. **22** It's awesome to find a pair of flats with this much attitude—and at an insanely low, can't-live-without-'em price. Xhilaration flats, \$19.99; target.com. **23** The mix of gorgeously colored beads makes this necklace look like something you'd find at a Moroccan souk (you know, on that trip around the world you'll take...someday). Bead necklace, \$14.50; Old Navy stores.

*The Around View™ Monitor is a parking aid and cannot completely eliminate blind spots or warn of moving objects. Always check your surroundings before moving the vehicle. **Tri-Zone operation requires compatible auxiliary media system. See Owner's Manual for details. †Based on WardsAuto.com Large Luxury Sport/Utility Class, 2011 QX56 vs. 2010 competitors. Always wear your seat belt, and please don't drink and drive. ©2010 INFINITI.



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- 24 Tuck this bright blossom into an updo for a hint of tropical glamour. Ban.do flower clip, \$35 for set of 2; shopbando.com. 25 The top of this sleek table comes off and becomes a tray: Whip it out for a party, or use it every day as a modern side table. Formosa Swoon Tray Table, \$49.95; cb2.com. 26 Seating poufs are perfect for a kid's room or game room, or just to put your feet up at the end of a loooong day. Serena & Lily Square Chair, \$48; serenaandlily.com. 27 Sky-high and wildly sophisticated, these are the kind of heels that make you search out a party invitation. (Could you wear them to Henry's 3rd birthday? Maybe so!) Payless heels, \$29.99; payless.com. 28 Reason number 348 to make a salad: This quirky-cool oil and vinegar set. Salad Song Oil & Vinegar Cruets, \$30 for set; shopredsail.com. 29 Soft material and a punchy print make this a winner: Wear it loose over jeans, or tuck it into a slim skirt for a polished effect. Tucker for Target blouse, \$29.99; target.com. 30 Kinda rockerish, kinda equestrian, this leather cuff turns a rolled-sleeve button-down into a fashion statement. Bracelet, \$40; amicastyle.com.

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51 Unbreakable chic. John Derian for Target melamine plate, \$2.99; target.com. 52 A red-hot clutch. Mossimo clutch, \$9.99; target.com. 33 An earthy-elegant pendant. Butterfly necklace, \$10.90; windsorstore.com. 34 Delicate, yet a bit tough. Necklace, \$8.90; windsorstore.com. 35 The glammest Band-Aid ever. Limited-edition Cynthia Rowley Band-Aids, \$9.99; cynthiarowley.com. 36 Shiny, minty lip perfection. E.l.f. Minty Lip Gloss in Los Angeles, \$3; eyelipsface.com. 37 Kitchen cool. Cottage Kitchen oven mitt, \$12.95; crgibson.com. 38 An instant eye-brightener. L'Oréal Paris HIP Studio Secrets Professional Color Chrome Eyeliner in Gold Charge, \$10; lorealparis.com. 39 Gives cheeks a sunny glow. Physicians Formula Powder Palette Mineral Glow Pearls in Light Bronze Pearl, \$13.95; drugstore.com. 40 Fun polish for a great cause—breast cancer research. SpaRitual Nail Polish Living in Pink, \$10; fine salons and spas. 41 Such a cozy shot of color. Scarf, \$10.46; affordablescares.com. 42 The most classic red. Sonia Kashuk Nail Polish in Rescue Me, \$4.99; target.com. 43 Leaf your drink here! Pachira Leaf felt coaster set, \$9; shopredsail.com. 44 A spa trip in a jar. Tree Hut Coconut Lime Body Scrub, \$8; ulta. 45 Sunshine for your wrist. Bangle, \$14; shophelook.net. 46 Very wearable blue shadows. Essence Eyeshadow Duo in Summer Flirt, \$2.50; ulta.com. 47 Major cool, tiny package. Ring, \$16; shophelook.net. 48 Creates an ultra-flattering gleam. Mark Touch & Glow Shimmer Cream Cubes All Over Face Palette, \$15; meetmark.com. 49 An Op-Art toothbrush—adorable! Reach by Design toothbrush, \$3.49 to \$5.99; drugstore.com.

\$1 **PLUS THE BEST DOLLAR YOU'LL EVER SPEND!**
This creamy base makes any eyeshadow budge-proof: serious brilliance here, people. E.l.f. Eyelid Primer, \$1; eyeslipsface.com.

SYMBICORT is for asthma that is not well controlled on a long-term asthma medicine, or when disease severity warrants

My asthma... under control with the help of **SYMBICORT**.

When my symptoms came back, my doctor and I chose SYMBICORT to help improve my lung function.



SYMBICORT helps me breathe better all day, starting within 15 minutes.* It won't replace a rescue inhaler for sudden symptoms. Unlike most other asthma medicines, SYMBICORT combines two medicines to help control inflammation and constriction.

* Your results may vary.

Ask your doctor if SYMBICORT is a good choice for you.

IMPORTANT INFORMATION ABOUT SYMBICORT

Important Safety Information About SYMBICORT for Asthma

SYMBICORT contains formoterol, a long-acting beta₂-adrenergic agonist (LABA). LABA medicines such as formoterol increase the risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

SYMBICORT should be used only if your healthcare provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT.

If you are taking SYMBICORT, see your healthcare provider if your asthma does not improve or gets worse. It is important that your healthcare provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control.

SYMBICORT does not replace rescue inhalers for sudden asthma symptoms.

Be sure to tell your healthcare provider about all your health conditions, including heart conditions or high blood pressure, and all medicines you may be taking. Some patients taking SYMBICORT may experience increased blood pressure, heart rate, or change in heart rhythm.

Do not use SYMBICORT more often than prescribed. While taking SYMBICORT, never use another medicine containing a LABA for any reason. Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines, as using too much LABA may cause chest pain, increase in blood pressure, fast and irregular heartbeat, headache, tremor, and nervousness.

Patients taking SYMBICORT

- may experience serious allergic reactions including rash, hives, swelling of the face, mouth and tongue, and breathing problems.
- may have a higher chance of infection. Tell your healthcare provider immediately if you think you are exposed to infections such as chicken pox or measles, or if you have any signs of infection.
- may experience an increase in wheezing right after taking SYMBICORT, eye problems including glaucoma and cataracts, decreases in bone mineral density, swelling of blood vessels, decrease in blood potassium and increase in blood sugar levels.

If you are switching to SYMBICORT from an oral corticosteroid, follow your healthcare provider's instructions to avoid serious health risks when you stop using oral corticosteroids.

Children and adolescents who take LABA medicines may have an increased risk of being hospitalized for asthma problems.

Common side effects include nose and throat irritation, headache, upper respiratory tract infection, sore throat, sinusitis, stomach discomfort, flu, back pain, nasal congestion, vomiting, and thrush in the mouth and throat.

Approved Uses for SYMBICORT for Asthma

SYMBICORT is used to control and prevent symptoms of asthma in adults and children ages 12 and older. SYMBICORT is not for patients who have sudden asthma symptoms.

Please see Important Product Information on adjacent page and discuss with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.



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AstraZeneca

IMPORTANT INFORMATION ABOUT SYMBICORT

Please read this summary carefully and then ask your doctor about SYMBICORT.

No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care provider. Only your health care provider has the training to weigh the risks and benefits of a prescription drug.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT SYMBICORT?

People with asthma who take long-acting beta₂-agonist (LABA) medicines, such as formoterol (one of the medicines in SYMBICORT), have an increased risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

SYMBICORT should be used only if your health care provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT. Talk with your health care provider about this risk and the benefits of treating your asthma with SYMBICORT.

If you are taking SYMBICORT, see your health care provider if your asthma does not improve or gets worse. It is important that your health care provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control.

Get emergency medical care if:

- breathing problems worsen quickly, and
- you use your rescue inhaler medicine, but it does not relieve your breathing problems.

Children and adolescents who take LABA medicines may be at increased risk of being hospitalized for asthma problems.

WHAT IS SYMBICORT?

SYMBICORT is an inhaled prescription medicine used for asthma and chronic obstructive pulmonary disease (COPD). It contains two medicines:

- Budesonide (the same medicine found in Pulmicort Flexhaler™, an inhaled corticosteroid). Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms
- Formoterol (the same medicine found in Foradil® Aerolizer®). LABA medicines are used in patients with COPD and asthma to help the muscles in the airways of your lungs stay relaxed to prevent asthma symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles in the airways tighten. This makes it hard to breathe, which, in severe cases, can cause breathing to stop completely if not treated right away

SYMBICORT is used for asthma and chronic obstructive pulmonary disease as follows:

Asthma

SYMBICORT is used to control symptoms of asthma and prevent symptoms such as wheezing in adults and children ages 12 and older.

Chronic Obstructive Pulmonary Disease

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. SYMBICORT 160/4.5 mcg is used long term, two times each day, to help improve lung function for better breathing in adults with COPD.

WHO SHOULD NOT USE SYMBICORT?

Do not use SYMBICORT to treat sudden severe symptoms of asthma or COPD or if you are allergic to any of the ingredients in SYMBICORT.

WHAT SHOULD I TELL MY HEALTH CARE PROVIDER BEFORE USING SYMBICORT?

Tell your health care provider about all of your health conditions, including if you:

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- have eye problems such as increased pressure in the eye, glaucoma, or cataracts
- are allergic to any medicines
- are exposed to chicken pox or measles
- are pregnant or planning to become pregnant. It is not known if SYMBICORT may harm your unborn baby
- are breast-feeding. Budesonide, one of the active ingredients in SYMBICORT, passes into breast milk. You and your health care provider should decide if you will take SYMBICORT while breast-feeding

Tell your health care provider about all the medicines you take including prescription and nonprescription medicines, vitamins, and herbal supplements. SYMBICORT and certain other medicines may interact with each other and can cause serious side effects. Know all the medicines you take. Keep a list and show it to your health care provider and pharmacist each time you get a new medicine.

HOW DO I USE SYMBICORT?

Do not use SYMBICORT unless your health care provider has taught you and you understand everything. Ask your health care provider or pharmacist if you have any questions.

Use SYMBICORT exactly as prescribed. **Do not use SYMBICORT more often than prescribed.** SYMBICORT comes in two strengths for asthma: 80/4.5 mcg and 160/4.5 mcg. Your health care provider will prescribe the strength that is best for you. SYMBICORT 160/4.5 mcg is the approved dosage for COPD.

- SYMBICORT should be taken every day as 2 puffs in the morning and 2 puffs in the evening.
- Rinse your mouth with water and spit the water out after each dose (2 puffs) of SYMBICORT. This will help lessen the chance of getting a fungus infection (thrush) in the mouth and throat.
- Do not spray SYMBICORT in your eyes. If you accidentally get SYMBICORT in your eyes, rinse your eyes with water. If redness or irritation persists, call your health care provider.
- Do not change or stop any medicines used to control or treat your breathing problems. Your health care provider will change your medicines as needed
- **While you are using SYMBICORT 2 times each day, do not use other medicines that contain a long-acting beta₂-agonist (LABA) for any reason. Ask your health care provider or pharmacist if any of your other medicines are LABA medicines.**
- SYMBICORT does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have a rescue inhaler, call your health care provider to have one prescribed for you.

Call your health care provider or get medical care right away if:

- your breathing problems worsen with SYMBICORT
- you need to use your rescue inhaler medicine more often than usual
- your rescue inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row
- you use one whole canister of your rescue inhaler medicine in 8 weeks' time
- your peak flow meter results decrease. Your health care provider will tell you the numbers that are right for you
- your symptoms do not improve after using SYMBICORT regularly for 1 week

WHAT MEDICATIONS SHOULD I NOT TAKE WHEN USING SYMBICORT?

While you are using SYMBICORT, do not use other medicines that contain a long-acting beta₂-agonist (LABA) for any reason, such as:

- Serevent® Diskus® (salmeterol xinafoate inhalation powder)
- Advair Diskus® or Advair® HFA (fluticasone propionate and salmeterol)
- Formoterol-containing products such as Foradil Aerolizer, Brovana®, or Perforomist®

WHAT ARE THE POSSIBLE SIDE EFFECTS WITH SYMBICORT?

SYMBICORT can cause serious side effects.

- Increased risk of pneumonia and other lower respiratory tract infections if you have COPD. Call your health care provider if you notice any of these symptoms: increase in mucus production, change in mucus color, fever, chills, increased cough, increased breathing problems
- Serious allergic reactions including rash; hives; swelling of the face, mouth and tongue; and breathing problems. Call your health care provider or get emergency care if you get any of these symptoms
- Immune system effects and a higher chance for infections
- Adrenal insufficiency—a condition in which the adrenal glands do not make enough steroid hormones
- Cardiovascular and central nervous system effects of LABAs, such as chest pain, increased blood pressure, fast or irregular heartbeat, tremor, or nervousness
- Increased wheezing right after taking SYMBICORT
- Eye problems, including glaucoma and cataracts. You should have regular eye exams while using SYMBICORT
- Osteoporosis. People at risk for increased bone loss may have a greater risk with SYMBICORT
- Slowed growth in children. As a result, growth should be carefully monitored
- Swelling of your blood vessels. This can happen in people with asthma
- Decreases in blood potassium levels and increases in blood sugar levels

WHAT ARE COMMON SIDE EFFECTS OF SYMBICORT?

Patients with Asthma

Sore throat, headache, upper respiratory tract infection, thrush in the mouth and throat

Patients with COPD

Thrush in the mouth and throat

These are not all the side effects with SYMBICORT. Ask your health care provider or pharmacist for more information.

NOTE: This summary provides important information about SYMBICORT. For more information, please ask your doctor or health care provider.

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FREEBIES!

An island vacay for your family

1 reader will win a 4-night trip for 4 to the all-inclusive **Wyndham Sugar Bay Resort & Spa** in St. Thomas, U.S.V.I. The prize comes with the works: unlimited food and beverages, snorkeling, kayaking, sailing, scuba classes, mini golf, and family movie nights, plus \$1,000 in flight vouchers. Total retail value, \$2,520.



Big-name bag

1 reader will win a \$1,000 gift certificate to **fashionphile.com**, and 1 reader will win a **Louis Vuitton** Damier Ribera Mini vintage bag, both from fashionphile.com. Value of bag, \$1,400.



An eco-friendly rest

1 reader will win a queen mattress set from **Simmons Natural Care** by Danny Seo, made with natural latex and soy-enhanced foam. Value of set, \$1,699.

\$263,184 of free stuff!

Glam for a good cause

3 readers will each win a Warrior in Pink sterling-silver bracelet from **loribonn.com**. Studded with pink tourmaline, pink quartz, and pink sapphires, the bracelet is a special edition. Online sales benefit Susan G. Komen for the Cure. Value of each, \$712.



High-tech, kid-safe

1 reader will win a **Sony** notebook computer with a **PG Key**, an Internet-safety gadget with parental controls, from pgkey.com. Total value, \$1,399.

Makeup galore

18 readers will each win an Eye Dream of Italy kit and a Mini Shine & Shield SPF 15 lip gloss trio from **Laura Geller**. Value of set, \$85.

Skin treats

10 readers will each win a \$150 gift certificate to **perfektbeauty.com**, featuring makeup and antioxidant-packed skin-care products. Value of each, \$150.



WIN COLD, HARD CASH: \$250,000!

Last year, 1 lucky REDBOOK reader walked away with \$100,000. Now the pot is more than twice as big! Enter at win250k.redbookmag.com. See page 262 for details.

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STYLE
value

“With the air getting cooler and crisper, it's time to stock up on fall's must-have beauty products and accessories. Where do I shop for the season's essentials? My first stop is always CVS/pharmacy, where I can find everything I need without breaking the bank.”

REDBOOK BEAUTY
MERCHANDISING EDITOR

Morgan Brooks

IT'S IN THE BAG

The **Essence of Beauty® Laptop Tote*** will take you from 9 to 5 and beyond. This stylish bag comes fully loaded with a padded laptop sleeve, accessory/cord case, and a 2-oz **Essence of Beauty® Citrus Coconut Hand Cream**. That's what I call a cool value!

*Laptop not included with offer.

CVS/pharmacy

chic. STYLE. value

“Let’s face it, cooler weather can wreak havoc on your skin and hair (trust me, it’s not pretty). That’s why I was thrilled to find these fabulous products at CVS/pharmacy—they’re packed with nourishing ingredients that help me look and feel like a million bucks. And at under \$14.99 each, there is nothing more beautiful!”

Morgan



TAKE IT ALL OFF

Make a clean getaway with the right makeup remover. **Bioré® Makeup Removing Towelettes** are more effective than the leading towelette at removing mascara without leaving behind a greasy residue.

BELOW THE SURFACE

A beautiful face begins with superclean skin. **Bioré® Pore Strips** are the deepest way to clean your pores—clinically proven to instantly remove pore-clogging dirt, oil, and blackheads.



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Give new meaning to “sleep on it” with **Jergens® Overnight Repair Nightly Restoring Moisturizer**.

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SMOOTH MOVES

Easy styling begins in the shower with **Frizz-Ease® Smooth Start® Shampoo and Conditioner**.

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SWEET SCENTATION

Experience a tropical getaway without even leaving home with **Essence of Beauty® Citrus Coconut Eau de Toilette**. The sweet scent of coconut mingles with refreshing citrus to relieve stress and tension.

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You won't be so sensitive with **New Curél® Sensitive Skin Remedy™ Lotion**. Dermatologist-tested, the ceramide-rich, fragrance-free formula instantly relieves irritation and strengthens sensitive skin to help prevent future irritation.

IN TOUCH WITH YOUR ROOTS

For stronger, more manageable hair, try **Root Awakening® Strength Restoring™ Shampoo and Conditioner**. These products are infused with natural eucalyptus and essential vitamins for stronger hair starting at the roots.

PERFECT SCENTS

Kill germs and leave hands with the light scent of citrus coconut. **Essence of Beauty® Antibacterial Citrus Coconut Hand Sanitizer** is available in an 8.75-oz pump dispenser and a convenient 2-oz size—don't forget to pop one in your purse.



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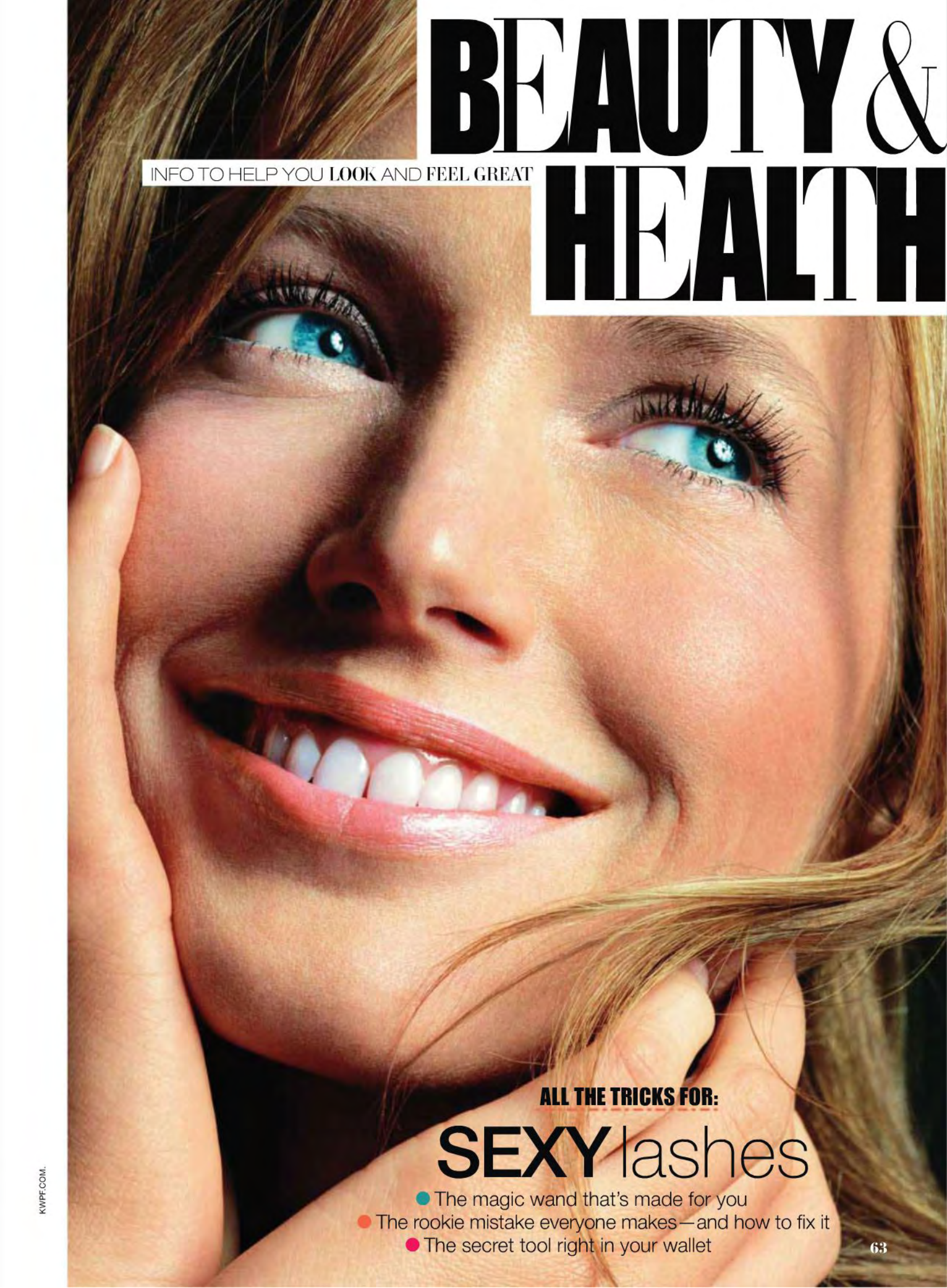
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BEAUTY & HEALTH

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FIND YOUR PERFECT WAND

IF YOU WANT LASHES THAT ARE...



...thick-looking, choose a fat wand with lots of bristles, which deposits even more mascara onto lashes. Try CoverGirl Lash Blast Fusion Mascara, \$9.



...longer and defined, pick a skinny wand with tightly packed bristles designed to reach even the tiniest of lashes. Try Avon SuperMagnify Mascara, \$8.50.



...curled (without a lash curler), go for a curved wand, which will hug and lift your lashes. Try Clinique High Impact Curling Mascara, \$14.



The one trick you must try! Curl lashes for instant lift. We love the Kevyn Aucoin the Eyelash Curler, \$20.

SERIOUSLY FOOLPROOF FAKES

False lashes are in every Hollywood bombshell's kit, for good reason: They make eyes look that much more alluring. And you—yes, you—can apply them easily with our no-fail, stress-free guide.

1. Stick to individual lashes rather than full strips. "They look more natural," says Rebecca Restrepo, the makeup artist who gets lashes just right for CoverGirl ads. (Try Ardell DuraLash Naturals Individual Lashes, \$4. The pros all love the same glue: Duo Adhesive, \$8, which dries clear.)
2. Apply a dot of glue on the base of the false lash. "Let it dry for about a minute before sticking it on," Restrepo says. This makes the glue tacky and gives you more control.
3. Starting from the outside corner and working your way in, glue falsies to the base of your lashes, not your skin. Just cover about the outer quarter of your lash line. Finish with two coats of mascara—and you're set!



Kim Kardashian would be the first to tell you: Lashes like these are fake!

PRO TIPS THAT HAVE MAJOR IMPACT



COAT THE TOP SIDE OF LASHES

"Not applying mascara to the top side of your lashes is like not applying lipstick to your top lip," Restrepo says. So before applying mascara to the underside, be sure to sweep the wand over the top side.

USE YOUR BUSINESS CARD

Makeup artist Jake Bailey (who's worked with Angelina Jolie) says to place a card against your eyelid and behind your lashes when applying mascara, so you can really saturate each lash—without getting it all over your lids.

LOAD IT ON YOUR LASH LINE

For a really lush look, New York City makeup artist Emir says to use the tip of the wand to dab mascara along the lash roots, almost like you're poking yourself in the eye. Then work from the roots all the way up to the tips.

CAN YOU REALLY GROW MORE LASHES?

Suddenly, there are a bajillion products claiming to do just that. We tried three.

There's been big buzz about Latisse, the prescription-only (and, at \$125, pricey) drug that makes lashes longer over time. But can you get results from over-the-counter products? After three weeks of testing, here's what we found: • FusionBeauty

StimuLashFusion Intensive Night Conditioning Lash Enhancer, \$89, "made me stop losing lashes, something I was noticing every time I took my makeup off," says our photo editor, Rosaliz Jimenez. • Rimmel London Lash Accelerator Mascara, \$10, "helped my

crooked lashes fan out evenly, but I haven't seen any growth," reports associate fashion editor Cristina Desposito. • Talika Lipocils Expert, \$55, "made my stubby inner-eye lashes as long as the rest!" says beauty director Cheryl Kramer Kaye. —KRISTA BENNETT DEMAIO

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and mine too."

— kate hudson

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to get kate hudson's look, try almay intense i-color™ for green eyes

*Almay's calculation and conclusion are based on Nielsen's customized Scantrack database for Color Cosmetics for 52 weeks ending 5/29/10 in Food+Combo, Drug, Kmart, Target (excluding Walmart).

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10 BEAUTY DISCOVERIES THAT'LL GET YOU EXTRA GORGEOUS —AND OUT THE DOOR—ASAP.



1 Great hair in a spritz Add movement and moisture to tired hair with a few pumps of Salon by Sally Hershberger Mineral Spray 3D Texture Layer Lift, \$24.

2 Clear-skin quickie The green, lavender, and peach pigments in Stila One Step Correct, \$36, swirl together to erase blotches and spots.

3 Shortcut to smooth Skip the daily shower scrub and do a weekly dry brushing to boost circulation and cell turnover with Eight Body Moisture Natural Sisal Dry Skin Body Brush, \$20.

4 One-step nails OPI Diva of Geneva, \$8.50, a sparkly, purple-red nail polish, has so much shine you can skip the top coat.

5 Spray-on sex appeal One shot of this superflirty new floral fragrance replaces risqué lingerie. Play for Her Eau de Parfum Intense, \$75, from Givenchy.

6 No-work whitening Even our post-Starbucks stains couldn't stand up to Paula's Choice Brighten Up 2-Minute Teeth Whitener, \$15.

7 The prettiest flush Its glossy gel texture and sweet pink shade make Clarins Instant Blush Magic Colour, \$26, that perfect "pop of color" makeup artists are always talking about.

8 Gorgeous gloss Swipe on this gilded pink and you don't need much else, makeup-wise. Dior Addict Ultra-Gloss Flash in Extravagant Grenadine, \$27.

9 15-second clean Instead of that eau de hospital room aroma, The Good Home Co. Pure Grass Hand Sanitizer, \$6, smells like a freshly cut lawn.

10 Instant drama No need to line your entire eye: CoverGirl makeup artist Molly Stern says to apply LiqueLine Blast Eyeliner Pencil in Green Glow, \$8, just to the upper, inner thirds of the lash line for a stunning glint of green.

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BEAUTY CONFESSIONS

GOT A TRICKY HAIR ISSUE? AN ICKY SKIN PROBLEM? **TELL IT TO OUR BEAUTY DIRECTOR, CHERYL KRAMER KAYE. EVERYONE ELSE DOES!**



I'll go first.... I have little red spider veins around my nose and they drive me crazy—it means I can never go without concealer. They're a result of inflammation and sun damage (what isn't?), and they're genetic (thanks, Grandpa!). I've been tempted to have them zapped with a laser, but then Bremenn Research Labs sent me a new product claiming to reduce the appearance of facial spider veins. It promised results in a mere two weeks. I had my doubts because it features one of those made-up-sounding complexes: Venilex. But Venilex, it turns out, contains a cocktail of anti-inflammatory heavy-hitters that have a proven track record. Two weeks in, I pulled out the magnifying mirror, and sure enough, my veins do look lighter. I'll save the laser for later.



Bremenn Research Labs Facial Spider Vein Formula, \$79.



I tend to fall asleep with my makeup on. How bad is that?" —H.U., 47

If you're the kind of woman who can fall asleep with makeup on and still wake up with clear skin, more power to you. I'm not so lucky, so **at a minimum, I clean my face with a wet wipe** made expressly for people with our type of lazy streak. (I like the Evening Soothe towelettes from Pond's, \$5.) You just have to remember to leave them on the night table.

I always get a zit in the same spot on my chin. Ugh! And why?" —L.P., 27

A lot of people get a regularly appearing "phone zit"—from where the not-so-clean receiver rubs against your chin. If that might be you, **wipe down your phone's mouthpiece with an alcohol pad every day or two.** And if the pimple is on your non-phone side? I asked dermatologist Amy Wechsler, M.D., who said the pore is probably damaged, so there's some level of inflammation that never really goes away. Alas, at-home remedies just won't do it. A dermatologist can inject the pimple with triamcinolone, which will shrink it right down; after that you might never see the pimple again, but sometimes it takes a few doctor visits to get rid of it for good.

I'm pregnant, and suddenly I've got hair on my belly. What can I do?" —K.D., 30

We are grateful, oh hormones, for the many gifts you give us during pregnancy, including a fuzzy tummy. I'd stay away from depilatories: too stinky for your sensitive nose and unnecessarily chemical-heavy. And waxing will hurt like a beast on your sensitive belly skin. **But there's absolutely no reason not to shave your stomach**—ideally when your husband isn't watching. No, the hair won't grow back darker or thicker, and yes, this problem will disappear about six months after you deliver.

OMG! BEST THING EVER



YSL Rouge Volupté Perle Silky Sensual Radiant Lipstick SPF 15 in Insolent Rouge, \$34.



I've always been a balm and gloss girl, but I finally found a lipstick that doesn't make me feel too *Hey! Look at my mouth!* It's the sheer but long-lasting Yves Saint Laurent lipstick at left. (Bonus: It comes in the skinniest, chic-est tube ever.) And the little matchbook above is an Anne Taintor purse pack of emery boards, \$5.50, emblazoned with the motto I live by. File these under fabulous.

Got a dirty little beauty secret? Fess up at confessions@redbookmag.com (please include your initials and age). Your secret could appear in REDBOOK!

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LATISSE® is a prescription treatment for hypotrichosis used to grow eyelashes, making them longer, thicker, and darker. Eyelash hypotrichosis is another name for having inadequate or not enough eyelashes.

Important Safety Information:

If you are using, or have used, prescription products for any eye pressure problems, only use LATISSE® under close doctor care. Although not seen in LATISSE® clinical studies, may cause increased brown pigmentation of the colored part of the eye which is likely permanent. Eyelid skin darkening may occur which may be reversible. Only apply at the base of the upper eyelashes. DO NOT APPLY to the lower eyelid. Hair growth may occur in other skin areas that LATISSE® solution frequently touches. If you develop or experience any eye problems or have eye surgery, consult your doctor immediately about continued use of LATISSE®. The most common side effects are itchy eyes and eye redness. If discontinued, lashes will gradually return to their previous appearance.

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LATISSE® (la tteece) (bimatoprost ophthalmic solution) 0.03%

Read the Patient Information that comes with **LATISSE®** before you start using it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with your physician about your treatment.

What is hypotrichosis of the eyelashes?

Hypotrichosis is another name for having inadequate or not enough eyelashes.

What is **LATISSE®** solution?

LATISSE® solution is a prescription treatment for hypotrichosis used to grow eyelashes, making them longer, thicker and darker.

Who should NOT take **LATISSE®**?

Do not use **LATISSE®** solution if you are allergic to one of its ingredients.

Are there any special warnings associated with **LATISSE®** use?

LATISSE® solution is intended for use on the skin of the upper eyelid margins at the base of the eyelashes. Refer to Illustration 2. **DO NOT APPLY** to the lower eyelid. If you are using **LUMIGAN®** or other products in the same class for elevated intraocular pressure (IOP), or if you have a history of abnormal IOP, you should only use **LATISSE®** under the close supervision of your physician.

LATISSE® use may cause darkening of the eyelid skin which may be reversible. **LATISSE®** use may also cause increased brown pigmentation of the colored part of the eye which is likely to be permanent.

It is possible for hair growth to occur in other areas of your skin that **LATISSE®** frequently touches. Any excess solution outside the upper eyelid margin should be blotted with a tissue or other absorbent material to reduce the chance of this from happening. It is also possible for a difference in eyelash length, thickness, fullness, pigmentation, number of eyelash hairs, and/or direction of eyelash growth to occur between eyes. These differences, should they occur, will usually go away if you stop using **LATISSE®**.

Who should I tell that I am using **LATISSE®**?

You should tell your physician you are using **LATISSE®** especially if you have a history of eye pressure problems.

You should also tell anyone conducting an eye pressure screening that you are using **LATISSE®**.

What should I do if I get **LATISSE®** in my eye?

LATISSE® solution is an ophthalmic drug product. **LATISSE®** is not expected to cause harm if it gets into the eye proper. Do not attempt to rinse your eye in this situation.

What are the possible side effects of **LATISSE®**?

The most common side effects after using **LATISSE®** solution are an itching sensation in the eyes and/or eye redness. This was reported in approximately 4% of patients. **LATISSE®** solution may cause other less common side effects which typically occur on the skin close to where **LATISSE®** is applied, or in the eyes. These include skin darkening, eye irritation, dryness of the eyes, and redness of the eyelids.

If you develop a new ocular condition (e.g., trauma or infection), experience a sudden decrease in visual acuity, have ocular surgery, or develop any ocular reactions, particularly conjunctivitis and eyelid reactions, you should immediately seek your physician's advice concerning the continued use of **LATISSE®** solution.

What happens if I stop using **LATISSE®**?

If you stop using **LATISSE®**, your eyelashes are expected to return to their previous appearance over several weeks to months.

Any eyelid skin darkening is expected to reverse after several weeks to months.

Any darkening of the colored part of the eye known as the iris is NOT expected to reverse and is likely permanent.

How do I use **LATISSE®**?

LATISSE® solution is packaged as a 3 mL bottle of solution with 60 accompanying sterile, disposable applicators. The recommended dosage is one application nightly to the skin of the upper eyelid margin at the base of the eyelashes only.

Once nightly, start by ensuring your face is clean, makeup and contact lenses are removed. Remove an applicator from its tray. Then, holding the sterile applicator horizontally, place one drop of **LATISSE®** on the area of the applicator closest to the tip but not on the tip (see Illustration 1). Then immediately draw the applicator carefully across the skin of the upper eyelid margin at the base of the eyelashes (where the eyelashes meet the skin) going from the inner part of your lash line to the outer part (see Illustration 2). Blot any excess solution beyond the eyelid margin. Dispose of the applicator after one use.

Repeat for the opposite upper eyelid margin using a new sterile applicator. This helps minimize any potential for contamination from one eyelid to another.



ILLUSTRATION 1



ILLUSTRATION 2

DO NOT APPLY in your eye or to the lower lid. **ONLY** use the sterile applicators supplied with **LATISSE®** to apply the product. If you miss a dose, don't try to "catch up." Just apply **LATISSE®** solution the next evening. Fifty percent of patients treated with **LATISSE®** in a clinical study saw significant improvement by 2 months after starting treatment.

If any **LATISSE®** solution gets into the eye proper, it is not expected to cause harm. The eye should not be rinsed.

Don't allow the tip of the bottle or applicator to contact surrounding structures, fingers, or any other unintended surface in order to avoid contamination by common bacteria known to cause infections.

Contact lenses should be removed prior to application of **LATISSE®** and may be reinserted 15 minutes following its administration.

Use of **LATISSE®** more than once a day will not increase the growth of eyelashes more than use once a day.

Store **LATISSE®** solution at 36° to 77°F (2° to 25°C).

General Information about **LATISSE®**

Prescription treatments are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use **LATISSE®** solution for a condition for which it was not prescribed. Do not give **LATISSE®** to other people. It may not be appropriate for them to use.

This leaflet summarizes the most important information about **LATISSE®** solution. If you would like more information, talk with your physician. You can also call Allergan's product information department at 1-800-433-8871.

What are the ingredients in **LATISSE®**?

Active ingredient: bimatoprost

Inactive ingredients: benzalkonium chloride; sodium chloride; sodium phosphate, dibasic; citric acid; and purified water. Sodium hydroxide and/or hydrochloric acid may be added to adjust pH. The pH during its shelf life ranges from 6.8 - 7.8.

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hair cheat

The rough, piece-y texture of Katie's hair in the movie was inspired by the actress's own half-grown-out layers. "I added clip-in hair extensions to give her even more choppy texture," says Adkins Mvondo. Try it: Clip a few hair pieces (such as Hairdo Salon Clip-in Extensions from Jessica Simpson and Ken Paves) under your hair; they'll blend in and add cool layering.

rosy lips

"Katie has a natural deep-rose pigment to her lips—just a little lip stain was added," says Carbone. She also skipped the lip liner—it would've created a hard edge. Get Katie's shade with a berry stain like Maybelline Color Sensational Lipstain in Wink of Pink, \$7.50.

true blush

Carbone has a great trick for making cheek color look like it's coming from within: "I put a thin layer of foundation on her skin, applied a pink cream blush [try NYX Cream Blush in Rose Petal, \$7] on her cheeks, and then lightly brushed on another superthin layer of foundation over that."

SCREEN GRAB

3 secrets to Katie's new movie look

In Katie Holmes's new movie *The Romantics*, her character, Laura, is caught in a particularly pointy love triangle: She's about to watch her ex and her best friend get married. Somehow, despite the heartbreak, she manages to look effortlessly gorgeous. (It's *Hollywood* heart-break.) We pinned down the movie's pros—Marilyn Carbone, makeup department head, and Whitney Adkins Mvondo, key hairstylist—to see how they did it.

Local hero

Nashville women are big-time fans of the **smoky eye**, says Carmen Mabry (below) of the city's popular Private Edition boutique and spa. Here's her fast—but still Country Music Award-worthy—take on the look: "Using a flat eyeliner brush, apply brown gel liner along your top lash line. Then, gently **smudge** the line with your fingertip, feathering it upward. To finish, apply brown or plum eyeshadow over the liner. It's an instant smoky eye in fewer steps, and in a softer palette."

Editors' pick: Ready to Wear Blendable Gel Eyeliner in Brown and brush, \$15.50.



DO I NEED...HAIR OIL?

Hair oil is a **hot new beauty trend**, but it's only worth buying if you have a dry scalp or frizziness. To help dryness, massage hair oil into your scalp 30 minutes before you shower, then shampoo it out. (Tip for fine hair: Apply shampoo *before* you wet your hair, to help suds cut through the oil.) For frizz, use it in place of a shine serum for extra conditioning. "A few drops on damp hair before you blow-dry will instantly de-frizz," says Anna Maestrini of NYC's MetoDo Rossano Ferretti Hair Spa. We love Orofluido, \$40, a blend of organic oils.



Love Katie's makeup? You can "try it on" at redbookmag.com using our virtual-makeover tool. And go ahead, try some sexy hair looks too.

SPECIAL ADVERTISING SECTION



30 Years IN THE MAKING

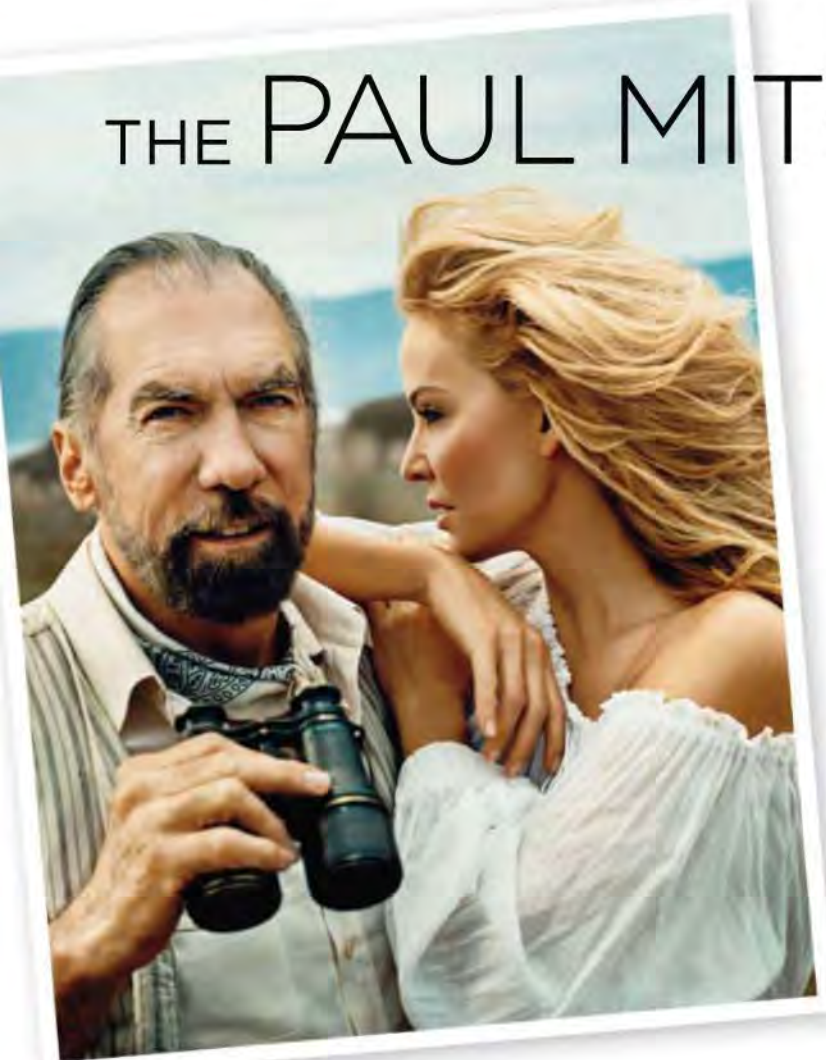
Over the past 30 years, John Paul Mitchell Systems® has revolutionized the world of hair care, revitalized millions of gorgeous locks and become the leading brand of celebrities, editors and stylists around the globe. Now it's your turn. Read on and be inspired by the John Paul Mitchell Systems story, and discover how to transform your hair for life in just 30 days.

[HAIR CARE] VISIT 30DAYSOFBEAUTY.COM FOR MORE TIPS, OUR FABULOUS DAILY SWEEPSTAKES AND MORE!



by PAUL MITCHELL.

THE PAUL MITCHELL *story*



T

hirty years ago, two friends changed the beauty industry forever with just \$700.

John Paul DeJoria and Paul Mitchell

launched John Paul Mitchell Systems with a three-product professional hair care system. They named the brand Paul Mitchell® (he was the hairdresser of the two).

The company faced plenty of challenges. The duo couldn't even afford color ink, which resulted in the brand's now-famous black and white packaging. But their winning strategy—offering salons the first money-back guarantee in the hair care industry—led John Paul Mitchell Systems to become one of the most successful and fastest growing U.S. companies, with over 100 products sold in over 100,000 hair salons and over 100 schools today.

The company is devoted to earth-friendly practices—being the first hair care business to publicly oppose animal testing, harvesting botanicals without harming the environment and harnessing the sun's energy with solar panels on the eco-friendly Awapuhi farm—all efforts to make the world a better, safer place.

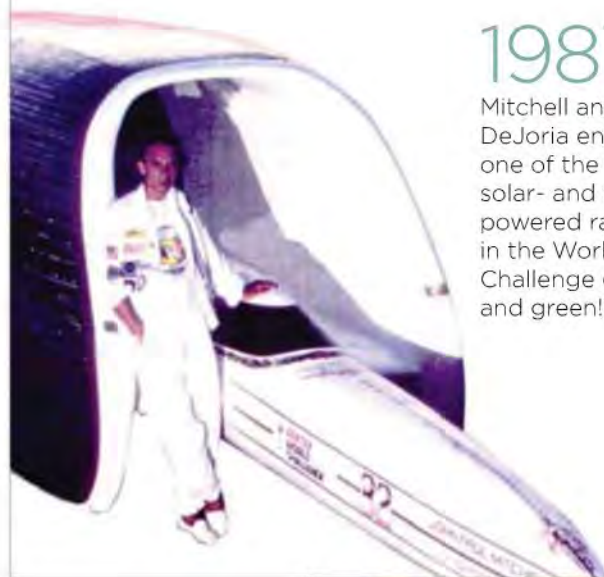
1980

Co-founders Mitchell and DeJoria invest \$700 to launch a revolutionary three-product hair care system.



1987

Mitchell and DeJoria enter one of the first solar- and wind-powered race cars in the World Solar Challenge (fast and green!).



2007

Paul Mitchell inspires young people to make a difference by launching the Head for Change ad campaign and website.



“THE COMPANY IS DEVOTED TO EARTH-FRIENDLY PRACTICES... ALL EFFORTS TO MAKE THE WORLD A BETTER, SAFER PLACE.”

1983

Fascinated by the plant (and always green), Paul Mitchell and John Paul DeJoria establish a self-sustaining, solar-powered, 32-acre Awapuhi farm on Hawaii's Big Island.

1984

A star is born in the form of Sculpting Foam™, still a must-have for beauty editors and celeb hairstylists.

Luxury Redefined in 2010.

The ancient hydrating properties of Hawaii's native plant and the modern science of keratin come together in the Awapuhi Wild Ginger™ system introduced by John Paul Mitchell Systems.

1990

The launch of Baby Don't Cry® Shampoo makes bath time fun for kids and parents with its gentle, tearless formula.

2005

Tea Tree becomes a carbon-neutral brand; the partnership with American Forests has planted over 100,000 trees!



TRESS RELIEF

Cleanse, soften and protect hair with rich, 100% sulfate-free **Moisturizing Lather Shampoo™**. Awapuhi extract balances moisture, while KeraTriplex™ keratin protein rebuilds and repairs—for clean, healthy hair with reflective shine.

Paul Mitchell Schools reach over 12,000 future professionals in over 100 locations nationwide.

2009

PAUL MITCHELL
the school



MAKE WAVES

Surf's up! Create tousled, beachy style with **Texturizing Sea Spray™**. Awapuhi extract balances moisture, and straight or wavy locks get lush texture and body for a healthy-looking, surf-inspired finish.





LUXURY CARE FOR DRY, DAMAGED HAIR



HAWAIIAN BEAUTY *secret:*

AWAPUHI WILD GINGER

For centuries, Hawaiians have held a powerful secret: Awapuhi ginger plant juice moisturizes and nourishes skin and hair, providing the lush, moisture-rich lipids that bind to the hair shaft to seal in moisture for softer, more manageable hair—with intense shine. Combined with the modern science of keratin—used to rebuild, repair and protect every strand of hair—the ancient ingredient defines the Awapuhi Wild Ginger system introduced by John Paul Mitchell Systems.

SHINE ON

Be brilliant! Clean, light **Shine Spray™** adds radiance to any style. Natural Awapuhi extract balances moisture and helps protect hair, especially when heat-styling—for ultra-luminous shine.

STRIKE IT RICH

Smooth and seal parched hair with dry-touch **Styling Treatment Oil™**. Hydrating Awapuhi extract and natural oils absorb easily into hair, giving a soft, silky texture and super-rich shine.



INTENSE WORKOUT

Heal dry, damaged hair with **Keratin Intensive Treatment™**. Awapuhi extract and KeraTriplex keratin blend give intense moisture, protein and shine to transform lackluster hair into gorgeous locks.

PROTECT YOUR ASSETS

Reduce breakage and instantly transform hair with the **KeraTriplex In-salon Treatment**. It brings new life to dry, weak strands and creates a lasting shield to guard against further damage.



Visit a salon for the Awapuhi Essentials Kit and treat hair to luxury at home.

Contains Moisturizing Lather Shampoo, Keratin Cream Rinse, Keratin Intensive Treatment, Styling Treatment Oil, Texturizing Sea Spray and Finishing Spray. awapuhi.paulmitchell.com





TREAT HAIR FROM THE INSIDE OUT
with every wash, condition and style.

NEW Awapuhi Wild Ginger™—luxury products to help restore dry, damaged hair.

In-salon treatment repairs hair up to 80% • Modern styling products hydrate and protect
100% sulfate-free shampoo with rich, creamy lather • Entire system is color safe

Repair

YEARS OF DAMAGE
IN MINUTES.

REDUCES
BREAKAGE up to
80%

IMPROVES
SHINE up to
35%

PREVENTS
COLOR FADE up to
67%

Give weak, aging or chemically processed hair a second chance with KeraTriplex™ 2-Step Repair in-salon treatment. Available only in Paul Mitchell® salons and schools.

by **PAUL MITCHELL**
awapuhi.paulmitchell.com

*Compared to untreated hair, results may vary.



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october

LIZ CLAIBORNE "7 DAYS OF STYLE"

From jackets to jeans and everything in between, you can build a stylish wardrobe without spending a fortune. The trick? Knowing what to buy—and where to get it! Available exclusively at JCPenney, Liz Claiborne offers classic, chic looks at affordable prices.

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*No purchase necessary to enter or win. 7 Days of Style Contest. Sponsored by Hearst Communications, Inc. Beginning at 12:01 am ET on 8/24/10 through 11:59 pm ET on 10/20/10, enter at LizClaiborneContest.com and submit an entry form, including photo upload and essay submission of why you are in need of a closet makeover pursuant to the onscreen instructions. Odds of winning will depend upon the total number of eligible entries received. Must be a legal resident of the 50 United States or the District of Columbia who has reached the age of majority in his or her state of residence at time of entry. Void in Puerto Rico, and where prohibited by law. Contest subject to complete official rules available at LizClaiborneContest.com.

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The #1 dermatologist-recommended brand introduces Neutrogena Clinical™ Skincare, a revolution in anti-aging that activates to minimize the visible signs of collagen loss for a firmer, more youthful look.

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• If you're looking for dramatically softer skin, brighter eyes, and an overall firmer, more youthful appearance—look no further! Neutrogena Clinical™ Skincare delivers the effective technology that achieves the results you want.

Groundbreaking Results

• The breakthrough ion₂ complex™ serum and activating cream duo work together to help restore collagen-depleted skin.

Do-Overs Do Exist!

• Neutrogena Clinical™ Skincare is clinically proven to undo the look of a year's worth of skin aging in just 4 weeks. 100% of women saw improvements in lines, wrinkles, firming, or elasticity.

For more information, visit

www.neutrogenaclinical.com.



Neutrogena
clinical™

43 WAYS TO LOOK YOUNGER

WHAT'S HERE: **TRICKS TO TAKE OFF A FEW YEARS** FAST, PLUS ESSENTIAL LONGER-TERM FIXES. NOT HERE: PRICEY TREATMENTS AND NEEDLES. (WE HATE THEM TOO!) BEAUTY REPORTER CRISTINA MUELLER FOUND OUT HOW TO GET RESULTS...

...RIGHT NOW!

Plump up your lips (instantly).

Switching to a lighter shade of lipstick and dabbing a clear gloss just in the center of your top and bottom lips will make your pout look cushier immediately.

GIVE YOUR LEGS A QUICKIE TAN. One part bronzer mixed with one part body lotion disguises cellulite and spider veins, and craftily makes legs look slimmer, too. Below, St. Tropez Wash Off Instant Glow Mousse, \$22.50.



APPLY A MOISTURIZER, any moisturizer. It softens up fine lines on contact.

EXPERIMENT WITH AN ARTFULLY MESSY PART. It adds volume while masking gray or grown-out roots. When your hair is damp, rake your fingers through, haphazardly pulling a few tendrils from one side of your part to the other. Imperfection is the goal—if it takes you longer than 30 seconds, you're trying too hard.



WEAR BLUSH.

It creates cheekbones, makes your eyes sparkle, and warms up your whole face. Our favorite

look-young trick from Bobbi Brown: Dust a bronzer along cheekbones with an extra-big fluffy brush, then swipe a bright pink on the apples of the cheeks.

At left, Laura Mercier Bronzing Duo in Pink Bronze, \$32.

“Apply cream highlighter to the inner and outer corners of the eyes,” says makeup artist Carmindy Bowyer. “There are tricky, often-forgotten little shadows there that make you look tired.”

HAVE AT LEAST TWO CONCEALERS in your arsenal: a creamy, moisturizing one for dark circles under eyes, and a drier-textured one for obliterating dark spots and redness.



A FRUIT ENZYME PEEL in the shower exfoliates just enough to make you glowy right away, but isn't abrasive to skin. Above, Philosophy the MicroDelivery Purifying Peel, \$40.

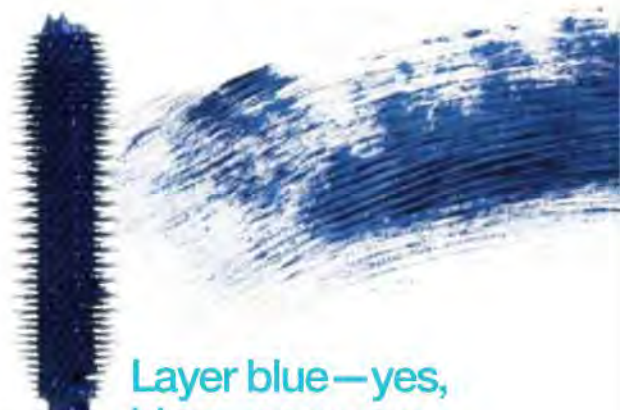


Smile! We know, it sounds cheesy, but a smiling face looks inherently younger. And even if it's a fake smile, your brain still gets an “I'm happy!” lift when you do it.



LINE THE INNER RIMS OF YOUR EYES with a peach-toned pencil—it counteracts redness to help eyes look wider and more awake. Above, Smashbox Eye Beam Double-Ended Brightener, \$22.

Spritz on a botanical-infused face mist after you've finished applying your makeup. It sets everything in place and gives you a nice dewiness.



Layer blue—yes, blue—mascara

on top of your regular black. It won't read as blue, per se; it will just make the whites of your eyes look clearer and brighter. Here, Bare Escentuals Buxom Lash Mascara in Blue Noir, \$18.

Trade your midday touch-up of face powder, which can settle into lines, for shine-absorbing blotting papers. At left, Bourjois Anti-shine Blotting Sheets, \$10.

BUFF ON PERFECT SKIN: Apply powder foundation in small circular motions using a fluffy, flat-topped brush for a poreless, airbrushed effect. Try MAC Cosmetics 187 Duo Fibre Face brush, \$42.

USE A FOUNDATION WITH TINY LIGHT-REFLECTING PARTICLES for an understated, pretty glow. No, we're not talking glitter; the result is soft luminescence, not a shiny face. We like Boots No7 Radiant Glow Foundation, \$16.

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TECHNOLOGY

NEW

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MICRO-PULSE[™] EYE

TOTAL EYE CORRECTION SYSTEM

☒ DARK CIRCLES
 ☒ WRINKLES
 ☒ PUFFINESS
GUARANTEED
RESULTS

OR YOUR MONEY BACK*



STEP 1: ANTI-WRINKLE + ANTI-DARK CIRCLE CREAM

Erasyl minimizes dark circles for brighter eyes.

Collagen smoothes away appearance of under-eye wrinkles and crow's feet.



STEP 2: ANTI-PUFFINESS MICRO-PULSE MASSAGER

Stimulate circulation with gentle micro-pulsations. Reduce puffiness and bags for rejuvenated eyes.

OPHTHALMOLOGIST TESTED.

Ready to use. Batteries included.

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*Offer only good on Collagen Micro-Pulse Eye. Satisfaction guaranteed or your money back up to \$19.99 (sales tax and shipping and handling charges will not be refunded). For details, call 1-800-724-1516. Restrictions apply. Valid on purchases between 9/13/10 and 11/30/10. Requirements include sending original dated store register receipt and original package box top. Requests must be postmarked by 12/28/10 and received by 1/14/11. Limit 1 refund per person/household. Valid in USA only. Refund provided by mail.

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43 WAYS TO LOOK YOUNGER

...IN 30 MINUTES

SHORT NAILS, PAINTED A SHEER NUDE-PINK, give off a fresh, girlish vibe. It won't seem like you've fussed—it'll just seem like you have innately flawless hands. Here, Essie's Ballet Slippers, \$8.

Have your stylist snip you some layers. Hair that moves lifts your features (and just looks *fun*).

TAKE A BRISK HALF-HOUR WALK whenever you can sneak one in. You'll jump-start your metabolism and circulation—plus you'll get an "I'm just naturally this rosy" glow.

Define your eyebrows. A pair of full, arched brows works like an instant eye lift. Pluck errant hairs and fill in sparse areas with a fine-tipped brow pencil or marker, like Laura Geller Brow Marker, \$23, at left. Less is more, color-wise: "Never use a dark pencil," says makeup artist Francesca Roman of Butterfly Studio Salon. "And always comb your brows between strokes so the color blends evenly."

APPLY A FIRMING BODY CREAM. Toned, taut skin is the age-defying holy grail (see: Demi Moore). Powerhouse ingredients to watch for include caffeine, seaweed, ginseng, and mushroom extract. We like Jergens Skin Firming Daily Toning Moisturizer, \$5.



KEEP YOUR EYE CREAM IN THE FRIDGE for quick under-eye depuffing. The cold constricts blood vessels to help swelling go down—and it feels extra-refreshing. Above, Mally Perfect Prep Soothing Eye Gel, \$45.



AN AT-HOME GLOSS TREATMENT dramatically amps up shine and refreshes your highlights, giving your face a happy boost. Below, L'Oréal Paris Colorist Secrets Shine Gloss, \$9.



IF YOUR SALON APPOINTMENT IS STILL WEEKS AWAY and you have grays poking through, cover them with a temporary hair marker. Try TouchBack marker, \$30; it comes in eight shades.

SOAK IN A WARM—NOT HOT—BATH with skin-softening oils, like jojoba, sesame, or sweet almond. Not only is it relaxing, but the heat also helps the oils penetrate into your skin.



...BY TOMORROW



TRY A NIGHT CREAM that improves your skin's moisture barrier with ingredients like ceramides or niacinamide: They reduce irritation while boosting your glow. Try CeraVe Facial Moisturizing Lotion PM, \$14, at left, or Elizabeth

Arden Ceramide Plump Perfect Ultra All Night Repair and Moisture Cream for Face and Throat, \$62.



Make your lips petal-soft:

Rub them with a damp washcloth to exfoliate, then slather on a heavy-duty nighttime balm.

Above, Burt's Bees Nourishing Lip Balm with Mango Butter, \$3.



GET A GOOD NIGHT'S SLEEP. It's crucial to your skin's ability to repair. Turn the thermostat down so your bedroom is cool (you sleep best at about 65 degrees) and invest in a humidifier to maintain your skin's moisture levels all through the night.

WORK A DEEP-CONDITIONING MASK INTO YOUR HAIR,

then wrap it up in a towel and leave it in for 20 minutes. When you rinse it out, you'll have that shiny toddler hair. Our faves, from top: René Furterer Carthame Gentle Hydro-Nutritive Mask, \$42; Pureology AntiFade Complex EssentialRepair RestorativeHairMasque, \$50; Klorane Intense Nutrition Repair Mask with Mango Butter, \$24; Klorane Hair Mask with Papyrus Milk, \$24.

USE A FACE SCRUB,

then immediately layer on your moisturizer. It will penetrate all the more deeply because skin is damp and exfoliated.



Self-tan before you sleep,

and wake up looking like you've been on vacation. Towelettes, like Kate Somerville Somerville360° Tanning Towelettes, \$48, above, dry quickly, so you don't have to wait forever before slipping under the sheets.

43 WAYS TO LOOK YOUNGER

...IN A WEEK



SWAP YOUR AFTERNOON COFFEE FOR GREEN TEA.

There's no need to deny yourself a morning cup of joe, but for the 4 p.m. slump, green tea is less dehydrating, revs the metabolism, and is packed with tons of free-radical-neutralizing polyphenols.

Extend your anti-wrinkle regimen

(sunscreen, creams, etc.) to the décolletage. Chest skin is super-delicate and shows age faster than almost any other area of the body.



EVERY NIGHT, APPLY A FOOT CREAM and you'll get back to baby feet (well, almost). Choose one with a hefty dose of AHAs, salicylic acid, or urea. These exfoliants are heavy-duty enough to soften even the thickest skin.



Extra
Dessert
Delights
in Mint
Chocolate
Chip, \$1.19.

Chew your way to whiter teeth.

"Sugar-free gum helps lift away stains and stimulates the production of saliva, which is rich in minerals that strengthen the tooth enamel," says dentist and president of the ASDA Irwin Smigel.



GET TO KNOW AND LOVE A SERUM. It's *not* just an extra step: Serums have the highest concentrations of wrinkle-fighting ingredients and will make your face cream work that much better. We like: Lumene Vitamin C+ Bright Skin Radiance Nectar, \$22; Naturopathica Plant Stem Cell Serum, \$48 (center); Yves Rocher Cure Solutions 24-HR Antioxidant Shield Serum, \$48.

CLOCKWISE FROM TOP RIGHT: PHOTOGRAPHED BY RICHARD MAJCHERZAK/STUDIO D (2), JGI/JAMIE GRILL/GETTY IMAGES, ISTOCKPHOTO.COM.

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SKIN-EXPERTISE™

Now defend against PHOTO-AGING:
The #1 cause of wrinkles.

Deflect damaging light to stop photo-aging &
Repair past damage.

NEW

REVITALIFT®

PHOTO-AGING REPAIR

Every time light touches your skin, it causes
more wrinkles. It's called photo-aging.

That's why L'Oréal's RevitaLift brings you
our strongest photo-aging defense ever.

It deflects damaging UVA/UVB light away from
your skin with SPF 30. Simultaneously, it helps
repair wrinkles from past damage with
Pro-Retinol A + Elastin.

Only possible from the
#1 anti-wrinkle brand worldwide.*

Andie MacDowell for L'Oréal Skincare

SPF 30
DAY LOTION

Can I help you find the perfect skincare regimen?
Go to lorealparis.com/canihelpyou

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*RevitaLift #1 Anti-Wrinkle Brand based on 2009 Nielsen's, IRI, SRI results in 49 countries. Accounts for 91% of Worldwide GDP.

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43 WAYS TO LOOK YOUNGER

...IN A MONTH



Use a daily hand scrub to lighten dark spots; the exfoliation spurs production of new, clear skin cells. Left, CND SpaManicure Citrus Moisture Scrub, \$40.

PRESCRIPTION RETINOID WORKS WONDERS.

"They shed dead skin cells, even out pigmentation, and help unclog pores," says dermatologist Frederic Brandt, M.D. Thus: more glowiness, fewer wrinkles and breakouts. Ask your dermatologist for a sample of Refissa or Atralin, the newer, gentler retinoids with moisturizers built in.



DON'T JUST DRINK YOUR WATER, EAT IT.

"Raw fruits and vegetables have 'structured water,' which your cells absorb much better than plain water," says dermatologist Howard Murad, M.D., author of *The Water Secret*. "Eating a three-ounce cucumber is like drinking three ounces of water that brings with it minerals, antioxidants, and anti-inflammatories."

Good posture takes years off. (Think of how a wizened old lady hunches over.) Align your body so ears are over shoulders and shoulders are over hips; a dancer's trick is to imagine a thread running up your spine and out the crown of your head, gently tugging you upward.

...BY SPRING

TAKE 10,000 STEPS A DAY—the threshold for qualifying as "active"—which results in weight loss, energy gain, and other good things. Come on, it's not that far!

UP YOUR INTAKE OF ANTI-INFLAMMATORY SPICES, such as turmeric, ginger, and cinnamon. Every time inflammation is triggered inside your body (say, when you're exposed to air pollution), it puts a strain on your system, including skin. "Ingesting ingredients that reduce inflammation can really affect fine lines," Brandt notes.



Grow out your hair.

Contrary to popular belief, there's no rule that you have to go chin-length and above after a certain age. (In fact, it can make you look older.) Shoulder-length is age-defying.



And finally, most importantly, wear broad-spectrum sunscreen,

SPF 30 or higher, always. Really: *always*. It's the single best thing you can do to slow down skin aging. Wear it in the winter, when it's cloudy, when you're walking 15 feet to your car. At left, Neutrogena Spectrum + Sunblock Lotion SPF 55, \$12.

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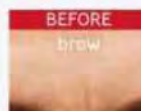
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Women aged 45-65



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Andie MacDowell

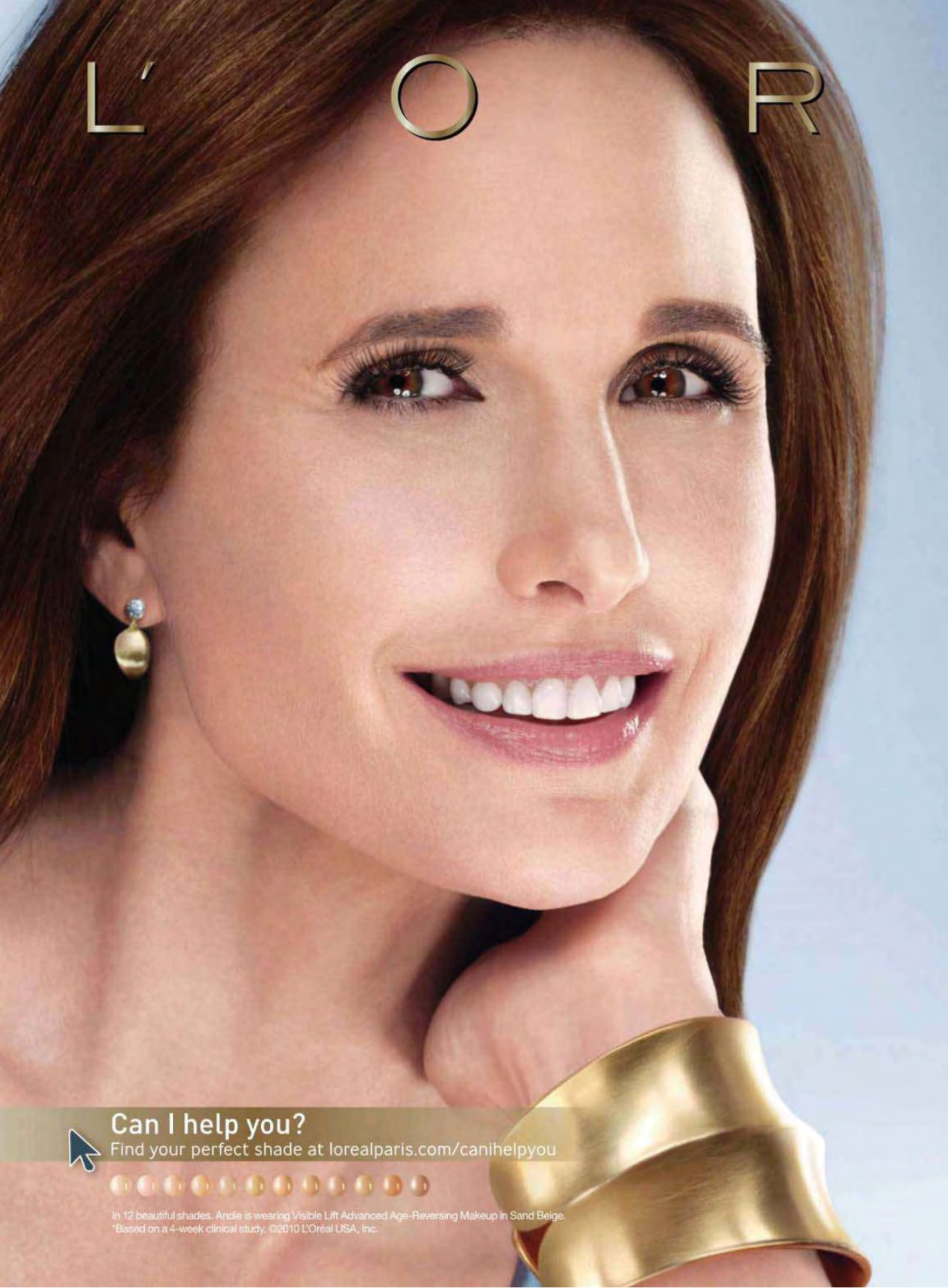
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**within skin's upper layers. ©2010 L'Oréal USA, Inc.

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In 12 beautiful shades. Andie is wearing Visible Lift Advanced Age-Reversing Makeup in Sand Beige.
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skin†

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of lines and
wrinkles**

78%

saw
fewer
imperfections†

90%

saw
smoother
skin†



*Results based on 4-week clinical study and 1-week consumer perception test.

†Immediate makeup result based on consumer perception test of 51 women.

**Results based on 4-week clinical study, with makeup on.

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My **nails** are a mess — splitting and peeling. What's up?



A **THE MANICURIST SAYS:**

Everyone's nails suffer in the fall because the air is suddenly so much drier, explains Leon-McCormack. Her remedy: **Sneak in a little more**

Myrdith Leon-McCormack, manicurist and creator of M2M nail polish

pampering (we know, twist your arm). "It's an important time to get or give yourself regular manicures," she explains. "People think a manicure is all about the color, but that's just the finishing touch. It's about the care of your nails, including shaping and pushing back cuticles." In between manis, keep nails hydrated with a moisturizer or a nail oil that contains fast-absorbing vitamin E. And always use a strengthening base coat and top coat that contain ingredients like protein, for "a little extra protection against the elements," she says.



A **THE DERMATOLOGIST SAYS:**

With the onset of cold and flu season, you're probably washing your hands and using hand sanitizers a lot more, and all that repeated exposure to

Heidi Waldorf, M.D., director of laser and cosmetic dermatology at Mount Sinai Medical Center in New York City

water and alcohol can dry out your nails. Unfortunately, Waldorf says, "there's no quick fix once nails become brittle—they have to grow

out." But if you take care of the skin around your nails, they'll **look** better right away. **Slather on a hand cream with ingredients such as glycerin, petrolatum, and dimethicone, then wear a pair of cotton gloves to bed.** It seems old-fashioned, but gloves really will help the cream penetrate for more intense moisturizing.



A **THE DIETICIAN SAYS:**

"Nails that are brittle, discolored, peeling, or splitting can be an indication of a nutrient deficiency—especially if you're a vegetarian, since meats are a

Elisa Zied, R.D., a New York City-based registered dietitian

rich source of highly absorbable iron," Zied says. If you're low on iron—as about 9 percent of women ages 12 to 49 are—supplements can help, but Zied recommends food as the best first defense. So dig in to iron-rich chicken, beef, and clams, or plant sources such as fortified cereals, soybeans, lentils, and kidney beans. And boost your intake of vitamin C, which can help your body better absorb iron. **Biotin, a B vitamin, is also key for healthy nails; find it in whole-wheat bread, egg yolks, and cheese.**

YOUR NAIL REHAB KIT



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Sally Hansen Continuous Treatment Time-Released Strength Formula, \$9.



TOP COAT

Duri Rejuvacote Nail Growth System, \$14.



BEDTIME GLOVES

Spa Sister Cotton Overnight Gloves, \$7.



NAIL HYDRATORS

CND SolarOil, \$7, with vitamin E; Noah's Natural's Natural Age Repair Moisturizing Hand Cream with vitamin E, glycerin, and dimethicone, \$8.50.



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HEALTHY YOU GUY KIDS

STAY-WELL NEWS FOR YOU AND EVERYONE YOU LOVE



ONE LESS THING TO WORRY ABOUT:

FAMILY DINNER CAN BE BREAKFAST

Yes, research does show that kids who gather around the table with their families for evening meals are more likely to have a healthier diet and are less likely to experiment with alcohol and drugs. But this one's for you, crazy-busy moms: "There's nothing magical about dinner on its own," says David Dickinson, Ph.D., an education expert who has studied family mealtime issues. Experts say that what matters most are quality conversations and interactions between parent and child at *any* hour of the day. So just make the most of breakfast, the car ride to school, or story time at night. —SARAH JIO

Pass the syrup—and hold the mom guilt!

A surprising way to boost willpower

Whether you're starting a new flossing regimen or launching a workout plan, doing something kind may help you stick to it, says psychologist Kurt Gray, Ph.D. In a recent



study, Gray gave people a dollar, with the option to pocket it or give it away—and those who donated the cash were able to hold a five-pound dumbbell for 15 percent longer. "The act of kindness gave people extra willpower and made them stronger," he says. "You can achieve more when you think of yourself as someone who makes good things happen." —MEGAN BAKER



Smarty pants in training.

The **hidden benefit** of exercise for kids:

It makes them smarter! T-ball, soccer, chasing the cat around the house in a dinosaur costume—it doesn't matter *how* your child gets his physical activity, but getting plenty of it might help him do better in school. Physically fit middle-school-aged kids scored up to 20 percent higher on standardized tests than those who were less active, a new study from the University of California, Los Angeles found. While it's not clear exactly how fitness plays a role, earlier research showed that exercise may actually create healthy changes in the brain, says study author Christian Roberts, Ph.D. One good way to get any kid moving more: Set time limits on TV, video games, and computer use—if they're not glued to a screen indoors, they'll get their butts outdoors. —S.J.

MAN MEDICINE

I've heard that men should do self-checks for testicular cancer. Is that true? Isn't their normal everyday handling enough?!

"Ha, ha—very funny. But this is serious! Testicular cancer is the most common type of cancer for men in their 30s and 40s, and it's highly treatable when detected early. Even if your guy seems to have his hands down his pants a lot, truly checking himself involves more than the usual adjusting. Once a month, every man should roll each testicle gently between his fingers, looking for hard lumps. If he feels one—or notices that either testicle is enlarged—he should see a urologist. Swelling and lumps could also mean an infection, hernia, cyst, or vein problems." —BILLY GOLDBERG, M.D., assistant professor of emergency medicine at New York University School of Medicine in New York City and co-author of *Let's Play Doctor*

WHAT'S UP WITH ALL THE **TWINS?**

If you feel like you're seeing twins and triplets everywhere, it's not your imagination: The number of women having multiples has jumped 50 percent in the last 30 years. The knee-jerk reaction is to blame it on the use of in vitro fertilization (IVF), but a new study by the March of Dimes doesn't back that up. A bigger reason may be fertility drugs—namely clomiphene (Clomid) and injectible gonadotropins—that are regularly prescribed as a first-line treatment for women having trouble getting pregnant. "Drugs are too often used as a shortcut instead of looking for the causes of infertility, like low sperm count or endometriosis," says Richard Dickey, M.D., Ph.D., medical director of the Fertility Institute of New Orleans. "Patients need to know that these drugs increase the chance of multiples and what that means for babies." Multiples are much more likely to be born prematurely, putting them at risk for developmental delays. Dickey's advice: If you're having a rough time conceiving, see a specialist and investigate underlying causes before opting for drugs. —BETH HOWARD



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FREE WAYS TO CUT *ALL* YOUR HEALTH RISKS

Insurance premiums, co-pays, gym fees—it can be pricey to stay healthy. But these research-backed tricks don't cost a cent:

Step outside. Soaking up 15 minutes of sun (without sunscreen) two times a week can help your body produce sufficient levels of vitamin D, which has been linked to a lower risk of osteoporosis and breast cancer. The vitamin may also protect you from inflammatory bowel disease, Crohn's disease, and other digestive illnesses, says Jun Sun, Ph.D., assistant

professor of medicine at the University of Rochester (NY) Medical Center. A recent study conducted by Sun and her colleagues suggests that vitamin D may help balance the naturally occurring bacteria in your digestive tract.

Switch your cereal. You know you're supposed to eat breakfast for a million different reasons, but here's one more: People prone to canker sores are more likely to have low levels of folate and B-12—two nutrients that fortified cereals such as Total Whole Grain and Kashi Heart to Heart

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are full of—according to recent research from the University of Connecticut School of Dental Medicine in Farmington. So check nutrition labels before making your breakfast pick.

Steam your veggies. Not only does it simplify dinner prep, but steaming fresh cruciferous vegetables such as broccoli and cauliflower instead of boiling, frying, or eating them raw also boosts the amount of cancer-fighting glucosinolates they contain, an Italian study found.

Friend someone.

People with strong social networks live longer than those with less support, recent research from Brigham Young University in Provo, UT, determined. The positive health effects of friends are comparable to—believe it or not—quitting smoking, researchers say. Close family members and coworkers count toward this pal quotient too, so why not invite your favorite work buddies out for happy hour? Tell them it's doctor's orders! —GINA ROBERTS-GREY



Could he be any more dramatic?

How to treat a man-cold

It's flu season! Time to stock up on Kleenex, grab the cough drops, and revisit the health debate about whether men really are bigger babies than women when they're sick. "When my husband [Scott Phillips] is ill, he takes to the couch and pulls his hoodie over his head; suddenly he's all about sugary cereals and bad TV," Julie Bowen, who plays Claire on *Modern Family*, told REDBOOK. This regression isn't her imagination: A classic British study found that men were more likely to overrate cold symptoms than women. One way to help him feel better fast? Urge him to drink water. "You lose a lot of fluids from fever and blowing your nose," says Jim Sears, M.D., cohost of the talk show *The Doctors*. If severe symptoms last more than a few days, ask him to see an M.D. "Men avoid the doctor too much," Sears says. "But bad colds can turn into bronchitis or worse."



For more quick health tips, check out the new book by Sears and his cohorts: *The Doctors 5 Minute Health Fixes*.

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LAZY WOMAN'S FITNESS



THE BETTER-THAN-NOTHING ARM WORKOUT

An hour at the gym may not be happening today, but five minutes of arm-toning during *Real Housewives*? Totally doable. Just scoot to the edge of your couch or chair and try these triceps dips from Los Angeles fitness trainer Kathy Kaehler, who has worked with celebs like Julia Roberts and Anne Heche.

A. Wrap your hands around the front of your seat and walk legs out in front of you until knees are bent 90 degrees, keeping elbows locked, as shown.

B. Slowly bend elbows straight back behind you, dropping your butt almost to the ground, as shown; pause for one count, then push back up. Do 10 to 12 reps. That's one set; aim for three sets. To make it harder, straighten your legs.



No-effort ways to lose weight

Try these sneaky strategies to use up to 270 extra calories. Doing these daily could help you lose half a pound a week!

👉 Grab groceries for dinner using a handheld basket at the grocery store instead of a cart. Yes, we know it's heavy—that's the point! **20 calories**

👉 Crank up the Katy Perry and dance (with yourself, your kids, or your husband). **60 calories for 10 minutes**

👉 Park three blocks from the restaurant on date night. **90 calories for a 10-minute stroll before and after dinner**

👉 Pace while catching up with your mom on the phone. **90 calories for 20 minutes**

DO TONING SHOES REALLY WORK?

A new study by the American Council on Exercise says these special kicks don't boost muscle activity compared with other sneakers. But celebs such as Heidi Klum and Katherine Heigl seem to love 'em, and the manufacturers stand by their claims—so we decided to do a weeklong road test of four popular brands ourselves. Here's how they measured up, plus expert input from Patrice Winter, a physical therapist at George Mason University in Fairfax, VA. —LAUREL LEIGHT



MBT Fora
\$245



Reebok EasyTone
\$99



Skechers Shape-ups SRR: Resistance Runner
\$145



FitFlop Pietra sandals
\$60

REAL-WORLD RESULTS

	★★	★★★★	★★★★	★★★★★
COMFORT LEVEL	One tester said wearing them was like "walkin' on sunshine," but her ankles were sore the day after.	"The supportive soles felt great on my arches," one tester says, "and I loved the bounciness."	The consensus from testers: very cushy!	One editor's plantar fasciitis foot pain disappeared after wearing them for just a few days.
WORKOUT POTENTIAL	★★★ "I took a 10-minute walk and felt it in my calves, quads, and butt the next day."	★★★★ Our testers swore they felt major burn in their hamstrings and butt.	★★★ "My legs got a workout—especially climbing stairs," one of our testers said.	★ No one felt like they were getting any kind of special workout while walking.
CUTENESS FACTOR	★ Two words: moon boots!	★★ Meh. They just look like regular sneakers.	★ An editor's daughter asked, "Why are you wearing boy shoes?"	★★★★ Definitely the most stylish "toning" shoes we've seen.
EXPERT OPINION	"If you're prone to twisting your ankles, you may have challenges with the rounded sole," says Winter. Don't wear them for more than a few hours at first.	Start slow, since the soles are like walking on half tennis balls, Winter says. "If you wear these and don't have a strong core, you could hurt your knees and hips."	Fine for walking, but talk to your doc before running in them, says Winter: "The rounded sole could cause you to overstretch the calf or hyperextend the knee."	"They have good arch support and toe grippers, and that makes them much healthier for your feet than regular flip-flops," Winter says.

WORKOUT: PHOTOGRAPHED BY DAVID A. LAND. HAIR AND MAKEUP: PATRYCJA FOR HALLEY RESOURCES. STYLIST: ELISA ISAAC. JEANS: BANANA REPUBLIC. EARRINGS AND RING: HELEN FICALORA. PROP STYLIST: MARCUS HAY FOR PATBATESANDASSOCIATES.COM. MANDELA RUG: MADELINE WEINRIB.COM. BLUE TRELIS PILLOW: JOHN ROBshaw, JOHNROBshaw.COM. GROCERY BASKET: SIMON POTTER/GETTY IMAGES. SHOES: COURTESY OF MANUFACTURERS.

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INTIMATE ANSWERS

No sexual health topic is too personal or out there for ob/gyn Hilda Hutcherson, M.D., to tackle. So ask away!



Dr. Hutcherson is an ob/gyn and professor at Columbia University in New York City. Email her at askhilda@redbookmag.com.



Q *My husband and I joked about having a ménage à trois, then later he said he'd like to do it for real. I'm not interested at all! But what does this mean about our sex life?*

A Sex with more than one woman is such a common male fantasy that it's almost a mandatory scene in any porno. Your husband probably took your joking as a sign that you have this fantasy too. The idea obviously makes you uncomfortable—and for some couples I've encountered, threesomes have been a jealousy-inducing disaster—so you're right to say no. Just know that your husband's curiosity doesn't mean he's not satisfied sexually or that he loves you any less. Talk to him and tell him that you weren't serious and simply don't want to share him. But does he have any fantasies that involve just the two of you? Ask him—and try that instead!



Q *I get chronic urinary tract infections and feel like I'm constantly on antibiotics. Is there any way to break the cycle?*

A Yes! I've helped lots of women reduce the number of urinary tract infections (UTIs) they get by taking a few precautionary measures. As you probably know, sex is the most common cause of a UTI, which occurs when bacteria that normally live on the vulva are pushed into the urethra. So start making of habit of urinating before and after sex to flush bacteria from your urethra. Giving the area a quick wash with a mild soap at these times may help too. And for 24 hours after sex of any kind (oral sex included), drink a lot of water to boost the volume of urine and clear out even more germs. I also recommend that women with chronic UTIs sip a glass of natural, unsweetened cranberry juice or take cranberry tablets each day—the acids in cranberries make it more difficult for bacteria to stick to the walls of the bladder and urethra. And if you have to go to the bathroom, *go!* Regularly waiting too long to urinate can increase the odds of infection. If these changes don't reduce the frequency of your UTIs, see your doctor to rule out an underlying medical cause, like diabetes.

CASE HISTORY: SHE ALMOST HAD AN "OOPS!" PREGNANCY

I'll never forget the morning I got a call from a patient who was in a panic because the condom she and her husband had used during sex the night before had broken. She was in her early 40s, a mom of three, and the thought of a fourth pregnancy brought her to tears. To make matters worse, she was in the most fertile part of her cycle. Since emergency-contraceptive pills are now available over the counter to adults without a prescription, I suggested that

she get to a pharmacy within 72 hours to buy either Plan B One-Step or the generic version, called Next Choice. (Both are 89-percent effective.) Women like this patient of mine will soon have a third option: The Food and Drug Administration recently approved a new, more effective prescription emergency contraceptive, Ella, that can be taken up to five days after sex. We're all capable of mistakes, so it's nice to know there are options for "oops!" moments.

REDCARPET TO REDBOOK EVENT SERIES



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10AM - 5PM

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Paramus, NJ

Saturday, October 9
Woodfield Mall
Schaumburg, IL

Saturday, October 16
Stonebriar Centre
Frisco, TX

Sunday, October 24
The Grove
Los Angeles, CA

For more information, visit redbookmag.com/redcarpet

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What's your job doing to your body?

We've all muttered, "Ugh, this job is killing me!" at some point or other. But listening to Lori Bizzoco, 42, a public relations executive in Ocean-side, NY, you'd think her job was, literally, a machete-wielding maniac. "I couldn't look down at my BlackBerry for more than five minutes anymore," she says. "It felt like someone had taken a knife and stabbed me in the neck. The pain ran down my shoulders and all through my back." Lori didn't just ache when she was hunched over her smartphone; it became chronic, and at one point she couldn't get out of bed for a week.

Eventually, she abandoned her 15-year career in PR and became a writer instead. The advice she wishes she'd known sooner? That simply by holding your device at eye level, instead of slouching over it the way most of us naturally do, you can relieve some of the pressure on your neck and shoulders.

There are tons of little tweaks like this that could save women in any line of work a whole lot of hurt. And it seems we could use the help now more than ever: "I am not exaggerating when I say that a majority of my patients have job-related ailments—headaches from staring at a computer screen, pain from standing

When a recent study found that sitting all day shortens women's lives, we gasped in our cubicles, leapt to our feet, and then...sat back down. But there's good news: You *can* undo the damage, whether you spend your days stuck at a desk or chasing kids around.

By Amy Levin-Epstein

too much, stress from their micromanaging bosses," says Pamela Peeke, M.D., assistant professor of medicine at the University of Maryland Medical School in Baltimore and author of *Body for Life for Women*. "But they usually don't make the connection between their working environment and these health issues until I point them out." Peeke places part of the blame on the still-iffy economy. "People are shortchanging themselves by skipping lunch and snacks, coming in early and/or leaving late for fear of losing their jobs," she says. "I believe chronic stress is epidemic." Whether you spend your days at a desk, behind a check-

out counter, running the halls of a hospital, or taking kids from school to soccer to Girl Scouts and back again, this is the work-specific advice you need to protect your health.

DO YOU SIT ALL DAY LONG?

It's official: Sitting too much is bad for you. Not only does it place pressure on the low back and tailbone, causing pain and even sciatic nerve trouble for some women, but two recent studies also found that the more time people spend on their butts each day, the more likely they are to die of cancer or heart disease. The

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AND BALANCED**



AFTER A LONG DAY, WHO DOESN'T LOVE

A LONG NIGHT IN THE KITCHEN?

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A fresh-tasting dinner doesn't have to be work. In fact, it can be one of the easiest parts of your day with NEW Lean Cuisine® Market Creations. Available in eight varieties, these microwavable meals go from your freezer to your table in mere minutes. Each recipe is prepared with select ingredients that perfectly steam in the amazing new bag—for crisp vegetables, al dente pasta and tender chicken or shrimp.

And now that dinner's no longer a worry, there's more time for more important things, like y-o-u. Here are a few other tips to help streamline your day.

1 **DIVIDE AND CONQUER.** You may want control of everything on your to-do list, but delegate a tiny bit and you'll be amazed at the results. Ask friends and family to lend a helping hand.

2 **WORK OUT AT HOME.** A few days a week, swap your gym workouts for at-home sweat sessions. Borrow workout DVDs from the library or take a power walk through your neighborhood.

3 **GET ORGANIZED.** Simple things like searching for your lost keys steal precious minutes. Being more organized makes you less stressed and saves time.



Garlic Chicken White meat chicken with bowtie pasta, asparagus, broccoli, and carrots in a creamy garlic Parmesan sauce

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CHEW ON THIS!

A few simple, guilt-free tricks can get you out of the kitchen faster—so you've got more time to relax.

- Fill your freezer with your favorite frozen meals. This way, no matter what the day brings, you have a quick, convenient way to eat good food and won't find yourself cruising through the drive-thru.
- Keep salad basics on hand at all times. Whether you make salad your main meal or use it to complement a frozen dinner, you'll get your fill of satisfying, nutritious veggies.
- Be daring. It doesn't take a lot of time to whip up low-calorie meals, but it does take some experimenting to find good-for-you foods that you love. Try a new fruit, veggie, or frozen food each week.

For a dose of guilt-free tips, tricks, food finds, recipes, and more, visit hungry-girl.com and sign up for free daily emails!

How to stay healthy: The way to ward off both back strain and the scarier, more serious health effects of sitting is fairly simple. “For five minutes every hour, get up and do something—I tell my patients to set an alarm or put it on their calendars,” Peeke says. A trip to the bathroom or the watercooler works, but the more active you can be, the better: “Tell people you’re going on break, then head to the

How to stay healthy: First, advice for women with younger kids. Lift with the legs when you pick up your child, like how you'd lift anything else that's heavy, especially if he's all the way down on the ground, says physical therapist Marianne Ryan, clinical director of Manhattan PT in New York City. And if you're tall, get stroller-handle extenders. "When you're using a stroller correctly, your arms should be bent at a 90- to 100-degree angle," she says. Mothers of older children may be hunching over a steering wheel rather than a stroller, so while you're ferrying your kids around, try placing a rolled-up towel at the small of your back. It will encourage you to sit up straight and use your core muscles, reducing tension in your back.

Spending 20 or more hours a week in front of a computer can put someone at risk of wrist injuries. Livia Blackburne, a graduate student in Cambridge, MA, often clocks 14 hours in one *day*. "I'm at the lab working on the computer about 40 hours a week, and I am also writing a book," she says. "So I'm at the keyboard all day and up typing all night." At just 28 years old, Livia has already had pain in her wrists and forearms for seven years. "I'm currently in the middle of a flare-up and it's just shooting pains and aching all around the elbow," she says. For now, she's working around the issue by using voice-recognition software for some of her work. "That way I can just talk into my computer mic and don't have to type all of the time," she says. Physical therapy, wearing a wrist splint, or getting steroid injections may help relieve the pain of repetitive motion injuries for some women, says David Rempel, M.D., an occupational medicine doctor at the University of California, San Francisco. But often the damage is severe enough that surgery is the only real cure, he says. That's why prevention is so crucial.

How to stay healthy: “When you’re typing, keep your wrists in a neutral position,” says John Lloyd, Ph.D., a certified ergonomist in South Florida—never rest them on your desk or hold them up too high. “Ideally, your forearms should be supported on armrests.” Taking frequent breaks from your keyboard, at least a few minutes each hour, will help too. “The strain is cumulative. So if you have the option of calling someone instead of emailing them at work, do it,” he says. Women may want to be especially careful to take breaks during the week of their period. “During ‘that time of the month,’ your body retains water, including in the arms and wrists, which increases pressure on the nerves,” Lloyd says. (Who knew?) ►



Taking care
of kids
burns
calories,
but it can
be murder
on your
back.

staircase and go up and down a couple flights. Or go take a lap or two around the building.” If low-back pain is an issue for you, add in some stretches too, at least once every couple of hours, says Marni Hillinger, M.D., a physiatry resident at New York Presbyterian Hospital in New York City. An easy one she loves is the leg cross—just prop the ankle of one leg on the knee of your other, bend over and hold for several seconds, then switch sides. One last note for the desk-bound: If you spend all day

sitting, try not to do the same all night. "TV-watching has been linked to everything from excess snacking to diabetes and heart disease," says Patel. The more active you can be during your off hours, the better it will be for your health.

DO YOU TAKE CARE OF KIDS?

Congratulations on the calories you're burning! With all the carrying and stroller-pushing, moms of young kids

NEW

STEAM
POUCH

FOOD
MYTH
#9

AFTER A LONG DAY,
I SO HAVE THE ENERGY TO
WHIP UP
A NICE **DINNER.**

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A washer with king-size capacity
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Washer Model WF20A9P Dryer Model DV520AEP

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TURN ON TOMORROW

DO YOU WORK NIGHTS?

Some of the scariest job-related research out there is reserved for people who work while the rest of us are asleep. One major study found that night-shift nurses were more likely to end up getting breast cancer than those who worked during the day, and other new research found that night-shifters are more likely to have irritable bowel syndrome. Sleep disruption is the main culprit, researchers say, but eating habits may play a role too. "I would be up all night running around, have no time to eat, and would just grab fast food on my way home," says Olga Marrero, R.N., who spent six years working nights in the neonatal

intensive care unit at a Chicago hospital. "I lost 25 pounds when I switched over to the day shift, and I don't take medication for my stomach anymore."

How to stay healthy: Set a sleep schedule that will give you a solid seven or eight hours of shut-eye a day, and stick to it—even on the weekends if you can, says Joseph Cilona, Psy.D., a psychologist in New York City. It's not easy to sleep when it's light outside and your body naturally wants to be awake, so the National Sleep Foundation suggests wearing wraparound sunglasses on your commute home to minimize exposure to light. "Once you get home, decrease room temperature in the bedroom, pull down the shades, and use earplugs to block out interruptions," Cilona says. Napping during part of your "lunch" hour is another great idea if you can swing it. "Research has found that napping for about an hour can significantly cut back on detrimental effects of shift work, especially if you do it between midnight and early morning," he adds. And *never* skimp on sleep on your days off, says Cilona; you've got to catch up however you can!

DO YOU STAND FOR HOURS ON END?

On the positive side, your job is more active than someone who's stuck at a desk, so you've got some built-in protection against heart disease and obesity. That said, anyone who's ever walked around an amusement park or museum for a day knows that after several hours on your feet, your legs just *hurt*. Women who stand for more than eight hours a day also have significantly higher rates of varicose veins than those who are on their feet less, research has found. "My varicose veins go all the way up to my thighs," says Amy Cox, 34, who waitresses and bartends in Philadelphia. "Also, during a long shift, my feet just ache and my ankles get swollen. I'll lean on something or sit whenever I can."

How to stay healthy: It seems counterintuitive, but after a long day of putting pressure on your legs and feet, the smartest thing to do is move them. "Sitting with your legs up can relieve engorged veins and soreness temporarily, but increasing circulation by moving around is the best thing," says



OWAKI/KULLA/CORBIS IMAGES.

Andrew Kwak, M.D., a varicose-vein expert in Bryn Mawr, PA. Fifteen minutes of brisk walking a day will soothe leg fatigue and reduce swelling, he says. Wearing compression or "support" stockings can also help. (Sure, they're ugly, but no one can see them under your work pants!)



ARE YOU SUPER-STRESSED?

Most of us have some degree of stress in our lives and at our jobs, and that's fine—even exhilarating. Where things get ugly is if the pressure becomes chronic and your body and brain are constantly awash in stress hormones like norepinephrine and cortisol. That can lead to extra belly fat, and increased blood pressure and risk of heart disease, says business psychologist

Debra Condren, Ph.D., author of *Ambition Is Not a Dirty Word*. During a particularly rough time last year, Amee Quiriconi, 38, of Seattle, who owns a small company that manufactures eco-friendly countertops, says the pressure took a hefty toll on her health. "I was more prone to emotional outbursts and anger," she says. "And I couldn't fall asleep. I'd lie in bed for hours. I felt like I couldn't turn off the stress when the day was over; it just multiplied."

How to stay healthy: Is there a magic "pill" for stress? Some experts say yes, and that it's exercise—physical activity can stop the production of cortisol and get rid of tension held in your muscles. Though any kind of physical activity will work, intense cardio like jogging or stair climbing may work best. One study from the University of Missouri in Columbia found that women who ran for 30 minutes felt less stress and anxiety than those who did something a little easier. What else helps? Support, says Condren, whether it's from a therapist, friends, or even a group of women in the

same industry. "I started to see a therapist so I could get things off my chest," says Amee. "Putting it all out there and asking for help was not something I was accustomed to doing, but it helped."

Condren is also a big proponent of using music for stress relief. "Research shows that listening to music can change our psychological and physiological state in an instant," she says. "It can distract us from focusing on the stress at hand while simultaneously lowering blood pressure and slowing pulse and heart rate." Try listening to Pandora Internet radio at low volume at your desk, or pop in headphones and play the most upbeat song on your iPod.

No matter how you spend your days (or nights) on the job, know that ultimately, you, not the company that signs your paycheck, are in control of your health destiny, says Peeke. "If you think something about your job is making you sick, see your doctor," she says. "The difference it can make in your life—how good you feel now, and even how long you live—is so worth it." ■

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TURN ON TOMORROW

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Washer Model WF20AEP
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Important Safety Information About CIMZIA® (certolizumab pegol)

What is the most important information I should know about CIMZIA?

CIMZIA is a prescription medicine that affects your immune system. CIMZIA can lower the ability of the immune system to fight infections. Serious infections have happened in patients taking CIMZIA, including tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before starting CIMZIA. Your doctor should monitor you closely for signs and symptoms of TB during your treatment with CIMZIA.

Certain Types of Cancer

There have been cases of unusual cancers in children and teenage patients using TNF-blocking agents. CIMZIA is not approved for use in pediatric patients. For people taking TNF-blocker medicines, including CIMZIA, the chances for getting lymphoma or other cancers may increase. People with RA, especially more serious RA, may have a higher chance for getting a kind of cancer called lymphoma.

Before starting CIMZIA, tell your doctor if you

- Think you have an infection. You should not start taking CIMZIA if you have any kind of infection, are being treated for an infection or have signs of an infection such as fever, cough or flu-like symptoms or if you get a lot of infections or have infections that keep coming back.
- Have any open cuts or sores
- Have diabetes or HIV
- Have TB, or have been in close contact with someone with TB
- Were born in, lived in, or traveled to countries where there is more risk of getting TB. Ask your doctor if you are not sure.
- Live or lived in certain parts of country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may develop or become severe if you take CIMZIA. If you do not know if you have lived in these types of areas, ask your doctor.
- Have or have had hepatitis B
- Have or have had any type of cancer
- Have congestive heart failure

- Have seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis
- Are scheduled to receive a vaccine. Do not receive a live vaccine while taking CIMZIA
- Are pregnant, planning to become pregnant, or breastfeeding. CIMZIA has not been studied in pregnant or nursing women.
- Especially tell your doctor if you take: Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab), Tysabri® (natalizumab), or another TNF blocker. You have a higher chance for serious infections when taking CIMZIA with these medicines. You should not take CIMZIA while you take one of these medicines.

After starting CIMZIA, if you get an infection, any sign of an infection including a fever, cough, flu-like symptoms, or have open cuts or sores on your body, call your doctor right away. CIMZIA can make you more likely to get infections or make any infection that you may have worse.

What are the possible side effects of CIMZIA? CIMZIA can cause serious side effects including:

Heart Failure including new heart failure or worsening of heart failure you already have; **Nervous System Problems** such as Multiple Sclerosis, seizures, or inflammation of the nerves of the eyes; **Allergic Reactions**. Signs of an allergic reaction include a skin rash, swollen face, or trouble breathing; **Hepatitis B virus reactivation in patients who carry the virus in their blood**. In some cases, patients have died as a result of hepatitis B virus being reactivated. Your doctor should monitor you carefully during treatment with CIMZIA if you carry the hepatitis B virus in your blood; **Blood Problems**. Your body may not make enough of the blood cells that help fight infections or help stop bleeding; **Immune reactions including a lupus-like syndrome**. Symptoms include shortness of breath, joint pain, or a rash on the cheeks or arms that worsens with sun exposure.

Call your doctor right away if you develop any of the above side effects or symptoms.

The most common side effects of CIMZIA are: upper respiratory infections (flu, cold), rash, and urinary tract infections (bladder infections).

Other side effects have happened in some people including new psoriasis or worsening of psoriasis you already have and injection site reactions.

You are encouraged to report negative side effects to FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Brief Summary on following pages.



For treatment of adults with moderate to severe Rheumatoid Arthritis

**Cimzia. RA relief that can help
you get a **better grip** on life.**



Fast, Lasting Cimzia has been clinically proven vs. placebo to reduce RA pain, stiffness and fatigue in as little as 1-2 weeks for some patients. The majority experienced RA signs and symptoms improvement within 6 months which lasted through 1 year and prevented further joint damage. Your results may vary. Based on what you and your doctor decide, Cimzia can be injected every 2 or 4 weeks after initial dosing.

Ask your doctor about the benefits and risks of Cimzia.

Pre-filled syringe designed for ease and comfort in partnership with **OXO GOOD GRIPS**

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Consumer Brief Summary for Cimzia®

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cimzia[®]
(certolizumab pegol)

Read the Medication Guide that comes with CIMZIA before you start using it, and before each injection of CIMZIA. This brief summary does not take the place of talking with your doctor about your medical condition or treatment.

What is the most important information I should know about CIMZIA?

CIMZIA is a medicine that affects your immune system. CIMZIA can lower the ability of the immune system to fight infections. Serious infections have happened in patients taking CIMZIA. These infections include tuberculosis (TB) and infections caused by viruses, fungi or bacteria that have spread throughout the body. Some patients have died from these infections.

- Your doctor should test you for TB before starting CIMZIA.
- Your doctor should monitor you closely for signs and symptoms of TB during treatment with CIMZIA.

Before starting CIMZIA, tell your doctor if you:

- think you have an infection. You should not start taking CIMZIA if you have any kind of infection.
- are being treated for an infection.
- have signs of an infection, such as a fever, cough, flu-like symptoms
- have any open cuts or sores on your body
- get a lot of infections or have infections that keep coming back
- have diabetes
- have HIV
- have tuberculosis (TB), or have been in close contact with someone with TB
- were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure.
- live or have lived in certain parts of the country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). These infections may develop or become more severe if you take CIMZIA. If you do not know if you have lived in an area where histoplasmosis, coccidioidomycosis, or blastomycosis is common, ask your doctor.
- have or have had hepatitis B
- use the medicine Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab), or Tysabri® (natalizumab)

After starting CIMZIA, if you get an infection, any sign of an infection including a fever, cough, flu-like symptoms, or have open cuts or sores on your body, call your doctor right away. CIMZIA can make you more likely to get infections or make any infection that you may have worse.

Certain types of Cancer

- There have been cases of unusual cancers in children and teenage patients using TNF-blocking agents.
- For people taking TNF-blocker medicines, including CIMZIA, the chances of getting lymphoma or other cancers may increase.
- People with RA, especially more serious RA, may have a higher chance of getting a kind of cancer called lymphoma.

See the section "What are the possible side effects of CIMZIA?" for more information.

What is CIMZIA?

CIMZIA is a medicine called a Tumor Necrosis Factor (TNF) blocker. CIMZIA is used in adult patients to:

- Lessen the signs of symptoms of moderately to severely active Crohn's disease (CD) in adults who have not been helped enough by usual treatments.

- Treat moderately to severely active rheumatoid arthritis (RA).

It is not known whether CIMZIA is safe and effective in children.

What should I tell my doctor before starting treatment with CIMZIA?

CIMZIA may not be right for you. Before starting CIMZIA, tell your doctor about all of your medical conditions, including if you:

- **have an infection.** (See, "What is the most important information I should know about CIMZIA?")
- **have or have had any type of cancer.**
- **have congestive heart failure.**
- **have seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis.**
- **are scheduled to receive a vaccine.** Do not receive a live vaccine while taking CIMZIA.
- **are allergic to any of the ingredients in CIMZIA.** See the end of this Brief Summary for a list of the ingredients in CIMZIA.

Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding. CIMZIA has not been studied in pregnant or nursing women.

Tell your doctor about all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements. Your doctor will tell you if it is okay to take your other medicines while taking CIMZIA. Especially, tell your doctor if you take:

- Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab), Tysabri® (natalizumab). You have a high chance for serious infections when taking CIMZIA with Kineret®, Orencia®, Rituxan®, or Tysabri®.
- A TNF blocker: Remicade® (infliximab), Humira® (adalimumab), Enbrel® (etanercept), Simponi® (golimumab).

You should not take CIMZIA, while you take one of these medicines.

How should I use CIMZIA?

- If your doctor prescribes the CIMZIA lyophilized pack for reconstitution, CIMZIA should be injected by a healthcare provider.
- If your doctor prescribes the CIMZIA prefilled syringe, see the section "**Patient Instructions for Use**" at the end of the Medication Guide for complete instructions for use. Do not give yourself an injection of CIMZIA unless you have been shown by your doctor or nurse.
- CIMZIA is given by an injection under the skin, into your abdomen or thigh area. Your doctor will tell you how much CIMZIA to inject and how often to inject CIMZIA, based on your condition to be treated. Do not use more CIMZIA or inject more often than prescribed.

What are the possible side effects of CIMZIA?

CIMZIA can cause serious side effects including:

See "**What is the most important information I should know about CIMZIA?**"

- **Heart Failure** including new heart failure or worsening of heart failure you already have. Symptoms include shortness of breath, swelling of your ankles or feet, or sudden weight gain.
- **Nervous System Problems** such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Symptoms include dizziness, numbness or tingling problems with your vision, and weakness in your arms or legs.
- **Allergic Reactions.** Signs of an allergic reaction include a skin rash, swelling of the face, tongue, lips, or throat, or trouble breathing.
- **Hepatitis B virus reactivation in patients who carry the virus in their blood.** In some cases patients have died as a result of hepatitis B virus being reactivated. Your doctor should monitor you

Getting a **better grip** on RA can start with this syringe.

carefully during treatment with CIMZIA if you carry the hepatitis B virus in your blood. Tell your doctor if you have any of the following symptoms:

- feel unwell
 - tiredness (fatigue)
 - poor appetite
 - fever, skin rash, or joint pain
- **Blood Problems.** Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include a fever that doesn't go away, bruising or bleeding very easily, or looking very pale.
 - **Immune reactions including a lupus-like syndrome.** Symptoms include shortness of breath, joint pain, or a rash on the cheeks or arms that worsens with sun exposure.

Call your doctor right away if you develop any of the above side effects or symptoms.

The most common side effects in people taking CIMZIA are:

- upper respiratory infections (flu, cold)
- rash
- urinary tract infections (bladder infections)

Other side effects with CIMZIA include:

- **Psoriasis.** Some people using CIMZIA had new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus. Your doctor may decide to stop your treatment with CIMZIA.
- **Injection site reactions.** Redness, rash, swelling, itching or bruising can happen in some people. These symptoms will usually go away within a few days. If you have pain, redness, or swelling around the injection site that doesn't go away within a few days or gets worse, call your doctor right away.

Tell your doctor about any side effect that bothers you or does not go away.

These are not all of the side effects with CIMZIA. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about CIMZIA

Medicines are sometimes prescribed for purposes that are not mentioned in Medication Guides. Do not use CIMZIA for a condition for which it was not prescribed. Do not give CIMZIA to other people, even if they have the same condition. It may harm them.

This brief summary summarizes the most important information about CIMZIA. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about CIMZIA that is written for health professionals.

For more information go to www.CIMZIA.com or call 1-866-4CIMZIA (424-6942).

Always keep CIMZIA, injection supplies, puncture-proof container, and all other medicines out of the reach of children.

What are the ingredients in CIMZIA?

CIMZIA lyophilized powder: Active ingredient: certolizumab pegol. Inactive ingredients: sucrose, lactic acid, polysorbate. The pack contains Water for Injection, for reconstitution of the lyophilized powder.

CIMZIA prefilled syringe: Active ingredient: certolizumab pegol. Inactive ingredients: sodium acetate, sodium chloride, and Water for Injection.

CIMZIA has no preservatives.

Product developed and manufactured for:

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Guided by input from people with RA, the CIMZIA syringe was designed for ease and comfort in partnership with

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You may save up to \$500 on each CIMZIA prescription if you qualify. Go to cimzia.com/RA

cimzia
(certolizumab pegol)

For moderate to severe RA adults.

Anaphylaxis or serious allergic reactions may occur. Hypersensitivity reactions have been reported rarely following CIMZIA administration.

Please see Brief Summary on previous page.

**IF YOUR CARD HAS AN
ANNUAL FEE, GET RID OF IT.**

**IF IT COMES WITH A REWARD
REDEMPTION FEE, CUT IT UP.**

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MEN, LOVE & FAMILY

HONEST TALK ABOUT RELATIONSHIPS

TELL THE TRUTH:

What was
your **QUICKEST
QUICKIE?**
(And your
**SLOWEST
SLOWIE?**)

"We've done it in under a minute! We'll hear our kids coming.... We just tell them, 'We're changing the sheets.'" —YVONNE HAMMOND, 41, married to JERRY 10 years



"At a family party, my husband whispered, 'Meet me in the bathroom.' First I asked, 'Are you crazy?' and then I said, 'Meet you there!' It took less than five minutes, and no one noticed we were gone." —DALIA HUERTAS, 33, married to ISRAEL 14 years

"Our slowest? I'm not sure, but every three months we take a 'bed day' and spend all day doing it. We order pizza to keep the energy going." —HANNAH ALKIRE, 43, married to JOE SCOTT 9 years



"Once we went on way too long. My husband took some energy pills a pharmacist suggested. After an hour and every position known to man, I'd had enough!" —CHERI AMBROSE, 49, married to ANTHONY 24 years

"He's like Superman, and I decide when we stop. We can go for a good two hours." —NINA PIZARRO, 28, dating JAMAL HULL 4 years



LOVE LESSONS FROM ESPN?

Yes! Researchers from the University of California, Berkeley analyzed NBA games and found that the more **chest bumps, hugs, high fives, and butt pats** teammates exchanged, the better they played together. Same goes for husband and wife teams, it seems: Touch is incredibly powerful, says psychiatrist and relationship expert Scott Haltzman, M.D. "I encourage the couples I counsel to touch each other as often as possible; it reinforces their connection," he says. "Emotionally, it builds trust; physically, it reduces stress and increases levels of the bonding hormone oxytocin." How you touch is important too. Being joyful and playful about it—like guys are on the court—can boost the bonding even more. A scientific reason to pat his cute behind? Sounds good to us! —NICOLE YORIO



A-Rod giving fellow Yankee Derek Jeter a little love



Newlyweds Javier Bardem and Penélope Cruz

Avoid this **big** marriage mistake

"Half the divorces I've seen could have been prevented if the couples had said 'I'm sorry' the right way," says divorce lawyer and couples mediator Laurie Puhn, author of *Fight Less, Love More*. "The best apologies acknowledge a mistake and show how you'll change." Her surprisingly simple steps to the perfect mea culpa:

Skip the but's. "All a *but* does is deflect blame," Puhn says. The better b-word? *Because*. "The point is to get to the root of the problem so you can discuss it constructively." Say your husband's upset you spilled a secret about him to your best friend—you know she's trustworthy, but he feels betrayed. You could say, "I'm sorry because I broke your trust."

Suck up your pride. No matter how small the misstep, "acknowledge how significant it may be to your partner," Puhn says. "Say, 'I crossed a line and I'm sorry' to convey that you see how your action impacted him."

Show you'll change. Explain how you'll avoid making the same mistake. Try, "Next time, before I pass along something you've told me, I'll check with you." Even a major grudge-holder will be willing to forgive if he knows you respect his feelings. —N.Y.

Sex life road test: Dress-up for grown-ups!

In honor of Halloween, we asked two usually straitlaced readers to surprise their husbands with a private costume party. Here's what happened.

COUPLE #1: H.B. and R.B., Colchester, VT

SHE SAYS: "I'd never done anything like this before, but I *loved* dressing up like a hot cop. I told my husband he was under arrest. (He seemed quite happy.) I pushed him up against the wall and frisked him all over. I said he was bad for hiding something in his pants, and insisted he strip so I could investigate! I kept my police cap on all night long. It was much hotter than lingerie."

HE SAYS: "Good-bye inhibitions, hello super-sexy wife here to arrest me! This is undeniably the best surprise I've ever received."

PASSION RATING: SMOKING!

COUPLE #2: R.D. and C.M., Gainesville, FL

SHE SAYS: "I slipped into a sexy nurse uniform, then snuck up behind my husband and said, 'I'm here for your appointment.' He looked shocked and then thrilled—and then we totally cracked up together. I admit that I felt awkward at first, but then I got really into checking him out with the stethoscope and examining all of his parts. This was so much fun, and it taught me that it's worth making the extra effort to spice things up in the bedroom."

HE SAYS: "When I first saw my wife, I thought I was hallucinating! What's sexier than being caught off guard? It's so true that the most erogenous zone is the one between your ears."

PASSION RATING: SMOKING!

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12 things we *wish* we'd said at the altar

♥ DEAREST WIFE, I PROMISE...

...never to point out that you and your mom have the exact same way of laughing. Or dealing with stress. Or hitting a forehand. Or folding napkins. In fact, you are so not like your mother, it's kind of crazy.

...not to keep track of your orgasms like our sex life is the Kentucky Derby and you're a horse I've bet on.

...never to clean horizontal surfaces thoroughly. Or at all. Sorry, it's just not in me.

...that I truly meant that bit about "for richer or poorer." You too, right? Honey?

...to always stand behind you. Sure, emotionally, but most especially when you're bending over to load the dishwasher.

...not to ask you to paint your face in my team colors, though they do go so well with your hair.



♥ DARLING HUSBAND, I PROMISE...

...that should something ever happen to me, I will not be mad if you remarry. As long as she is not thinner than me.

...to unearth my honeymoon lingerie and wear it some time before our 50th anniversary.

...that I will always stop what I'm doing to help you find things in the refrigerator, even when they are so close they could bite you.

...for richer? HAHAAHAHAHA!

...to make sure you never, *ever* have to select outfits for our children. No, really, I'll do it!

...that after Facebooking old boyfriends, I will always think to myself, *I so married the right guy.*

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5 secrets you should never keep

Faking it in bed (for years). Crazy debt. Childhood abuse. Meet women who told their husbands these truths to save their marriages. Is it time to tell *your* secret?
By Brenda Della Casa

Your husband knows you better than anyone. He knows what you look like naked, and without makeup, and first thing in the morning. He knows that you snore like a linebacker and what you really think about your friends' parenting skills. But does he need to know *everything*? Of course not! Harmless secrets—say, that you didn't love your engagement ring as much as you pretended you did—are no biggie. It's the deeper ones, often about touchy topics like money and sex, that could be harming your relationship in ways you never guessed. In order to stay happy, experts say you've got to tell him if...

1 ...you've got money issues.

A few years ago Tara, 40, took out several loans without her husband Chris's knowledge to make some purchases for her pet-grooming business. It started out small—a doggie mural here, a new dryer there—but soon she was in debt for a whopping \$47,000. "I got a post office box in another town just for bills," she says. "I would throw them away there because I was so afraid Chris would find out." But when he came to her to talk about refinancing their home, she knew it was time to fess up: "He yelled for nearly two hours, but then he said, 'Why didn't you come to me for help before it got so bad?'" It may appear that the issue here is only money, but it's also about trust, says consumer finance expert Dayana Yochim, author of *The Motley Fool's Guide to Couples & Cash*. "We yell about dollar amounts, but often we're thinking, *I don't trust you*—to handle our money well, provide for me, or forgive my mistakes," she says. A big reason couples don't trust each other? They don't talk! "Before this happened, we didn't communicate at all—we bickered and blamed," Tara says. "But now we discuss issues and delegate tasks. I worked hard to repay the money but harder to earn back Chris's trust." A new survey found that more than 25 percent of respondents had hidden purchases from their partners—but the same sort of trust issues may also be involved if you're secretly *stashing* money, not blowing it. Samantha*, 28, has not one, not two, but *three* secret savings accounts. That money is almost like an escape hatch that protects her from having to feel fully committed to the marriage, Yochim says. But to make a marriage work, you've got to be all in—not straddling the fence. "Coming clean about this will be an opportunity for Samantha to show that she's committed, and also to address whatever issues led her to believe she might need that in-case-we-break-up-fund in the first place," she says.

2 ...there's a chance your relationship is in trouble.

Five years into her marriage, Nina*, 37, started feeling restless. She still loved her husband, but being a full-time wife and mother had started to feel monotonous. So when a friend told her about ashleymadison.com, a site for men



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and women looking for affairs, the idea of posting a profile was thrilling. She signed up “just for fun,” but the messages started pouring in. The attention felt good, and two months later, flirty emails she’d been exchanging with one guy turned into cyber-sex, then a real-life affair. It went on for eight months before she broke it off—and guilt began to eat away at her. “I started seeing a therapist, who convinced me to tell my husband because she was sure he could sense something,” Nina says. “I was so scared he would blow up and leave, but when I finally told him, there were just tears.” Many people who cheat feel, at least at first, like they had good reason, says Jennine Estes, a marriage and family therapist in San Diego. But you can never assume your partner knows that you’re feeling ignored, unloved, or not desired. “His devastation brought home how deeply I wounded him,” Nina says. After spending a few nights apart, they decided they wanted to work on their marriage—and that’s when the couple finally began to communicate. “We never really addressed our frustrations with each other before this happened,” Nina says. “But once we started talking, we were able to open up about our unhappiness and resolve it.” The key, Estes says, is to bring up scary feelings like boredom or resentment before any true damage is done, or anyone steps out. “If you ever think your marriage may be in danger, speak up quickly, no matter how much it hurts.”

3...you're unhappy in bed.

Faking an orgasm is something many women will admit to one another in the cone of silence, but telling their man is a different story. “There are a lot of women who aren’t having orgasms, but they won’t admit it because they think something’s wrong with them or because they don’t want to hurt their husband’s feelings,” says couples therapist Karen Gail Lewis, Ed.D., author of *Why Don’t You Understand?* Lewis has helped dozens of couples through tough sex stuff, but the case that stands out for her is one



in which the wife had been faking it with her husband for the *entire* 17 years they’d been married. Though the woman, let’s call her Sally, was able to climax on her own, sex with her husband was unfulfilling and left her feeling frustrated and helpless. Instead of risking a painful conversation, Sally kept it to herself and put on a show. “She never really enjoyed sex with him, so faking it seemed like the best way to get it over with,” says Lewis. But ignoring your

Ignoring your own sexual needs can lead to major resentment.

own sexual needs can lead to major resentment, so Lewis encouraged Sally to tell the truth. She admitted her deception to her husband during a session one day, and instead of being defensive or blaming, he turned to Sally and said, “How sad. It’s sad for both of us that you didn’t feel comfortable talking to me about this.” It was like 17 years of tension had melted away—and although it took time and work, the couple made it through. They’re not just squeaking by, either. Lewis says they started introducing new techniques into their sex life and now report that they’re both, *honestly*, satisfied.

4...something's up with your health.

Like many new moms, Janet, 39, struggled to make peace with her post-baby

body. "I was frustrated that my figure wasn't bouncing back like I had hoped it would," she says. Just five weeks after giving birth, she hit the gym, and when she stepped on the scale in the locker room, she was shocked. "I knew I had gained a lot, but I'm only 5-foot-3, and when I saw the number 174, I went crazy," she says. She threw up her food that afternoon and continued to purge secretly for the next year. Then one day, while on her knees in a McDonald's bathroom, Janet looked over at her 18-month-old daughter. "It struck me that she was becoming more aware of her surroundings, and I didn't want her to develop my problem," she says. A few days later, Janet had her first meeting with an eating-disorder specialist—but she still didn't tell her husband until weeks later, when she discovered she was pregnant with their second child. "I knew I had to tell him, so wrote him an email in order to allow him to process it in his own time," she says.

While your body is always your own, you have to understand that once you're married, your health affects everyone in your family, Estes says. And they have a right to know where you stand, not only for their own protection but so they can help you. Janet's husband was 100 percent supportive. "He stopped mentioning weight in any capacity, threw out the scales in the house, and started complimenting me more," she says. "Before opening up to him, I thought I needed to handle everything on my own, but now I see him as my teammate."

5 ...you've had a traumatic past.

Tough events that take place during childhood, college—whenever—don't just affect us right when they happen. The aftershocks of horrible experiences, especially if they're sexual in nature, nearly always influence the way we are in our relationships, Estes says. As a kid, Veronica, 45, was repeatedly molested by a male relative who had convinced her she'd get in

trouble if she told. For 23 years, she confided in no one, not even her husband. "I guess I always thought my husband would ultimately disappoint me in some way like my relative had," she says. "My husband couldn't understand why I was so distant, and I didn't trust him enough to explain." The turning point came during a private therapy session in which Veronica spoke for the first time about her abuse. It left her feeling so empowered that she told her husband the very next day. "At that moment, I felt my soul lift up. Now, knowing that I have his support no matter what has changed the landscape of my life and our relationship, even just in little ways, like finally letting myself enjoy cuddling with him," she says.

Often, what makes a person hold on to their secrets is fear. "People who hide information from their mates do it because they think they'll be judged or deemed less lovable," Estes says. "But keeping things hidden is stressful and can wind up creating distance between you, because you're guarded or on edge. As scary as it is, if you open up and expose your scars, you could see major benefits." ❸

5 THINGS YOU NEVER HAVE TO SPILL

Don't be honest to a fault, ladies.

- **That you look forward to his boys' weekends.** One man's golf widow is another man's free woman.
- **The gory specifics of your yeast infection/UTI/other down-there problem.** He's on a need-to-know basis.
- **That your parents tried to talk you out of marrying him.** With cash bribes. (True staffer story.)
- **That sometimes you ask him to handle the kids so you can go to an "important meeting" with your facialist.**
- **A friend's secret.** If she wanted him to know, she would have told him!

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How cute is John Stamos?

You gotta love it when a man gets hotter with age. We talk to this lifelong heartthrob about crazy fans, first kisses, and his new role on *Glee*. Get your jazz hands ready!

JOHN AT A GLANCE

The last thing he cooked was...



LASAGNA

What he's reading now:



FURIOUS LOVE, about Liz Taylor and Richard Burton

The '80s trend he regrets most?



THE MULLET

"I wish someone had said, 'Cut that hair!'"



Uncle Jesse in a suit: hot!

Fans of *Glee* are pretty hard-core—but no doubt you've had intense fan experiences over your 28-year career. What's your craziest story? One time, when I was on *General Hospital* [John played rock 'n' roll drummer Blackie Parrish for his first acting gig], I opened the closet in my dressing room and there was a naked girl in there—like, completely naked. It was pretty wild. I didn't know what to do. Should I call security? Should I buy her lunch? I gave her a jacket and sent her on her way.

You probably had a kajillion onscreen kisses as a soap star. But what woman in real life taught you the most about kissing? When I was 16 or 17, I remember kissing one of my first girlfriends, Kim Anderson, under a stairwell at Disneyland. I'll never forget that feeling. I love to kiss. To me, a good kisser is really important.

Have you ever given your two younger sisters advice about the most important qualities to look for in a man?

I would tell them to look for someone with integrity, who's hardworking, honest, and family-oriented—like our dad.

While we're on the topic of dream men, Will Ferrell and John C. Reilly said in *Step Brothers*

that you are the guy they would want to sleep with if they were women. If you were a woman, what guy would you want to sleep with? It would have to be Will Ferrell. I like his curly hair and the fact that he'll get naked at the drop of a hat. I find that sexy in a man. [Laughs]

But back to women: What characteristic always catches your interest?

A good sense of humor. I once dated someone who worked at McDonald's. She came up and asked if I wanted a Big Mac.

The best way to your heart seems to be food. But how do you woo a woman? Sing to her? You *have* toured with the Beach Boys for years.

I have never been so calculating as to sing some Barry White song to get a girl. But I do think it's very romantic to cook dinner and sit around the piano at night and sing together. I like to sing with people, whether they're good or not. I like when guests come over early and we chop veggies and talk and play music.

Speaking of group fun, you were on the posse-comedy *Entourage* this season too. Can you let us ladies in on what men talk about when they get together?

Women! —NICOLE YORIO

Sing for me, baby! Go to redbookmag.com for a sneak peek of John in his new recurring role on *Glee*, then watch him Tuesday nights on Fox.



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What you never know about a guy until you marry him

Let us guess: Someone kidnapped the sexually attentive, financially solvent man you fell in love with and replaced him with your husband, right? Aaron Traister explains the phenomenon.



Redbook columnist Aaron Traister lives in Philadelphia with his wife and two kids. Read his blog at redbookmag.com/aaron.

My wife's guiltiest TV pleasures are *The Bachelor* and *The Bachelorette*. (I refuse to include *General Hospital* as a guilty TV pleasure, because, frankly, that's just quality entertainment.) I am not a fan, but because I enjoy spending time with my wife at the end of a long day, I have been known to sit in on a rose ceremony from time to time.

Karel's favorite complaint about the show is that if the contestants were really serious about finding their soul mates, the dates would involve cleaning a shared bathroom or babysitting a 3-year-old who has just eaten an entire bag of chocolate chips. To her, it comes as no surprise that many of these relationships devolve into the stuff of tabloid fodder once the cameras are off and the couple is no longer floating around the French Riviera in a hot-air balloon filled with puppies and champagne. In the real world, the hot-air balloon is a 2003 Honda Element with a wonky rear brake light, the French Riviera is the train station in Trenton, NJ, and there will be an argument over directions that will result in the GPS getting thrown out the window. That's just how real-world relationships work, Karel says.

Initially, I was in total agreement with her assessment. But the more I pondered it, the more I started to think she was missing the point of the show. For all the marriage talk during the last few episodes of each season, it is actually a show about dating. And when it comes to dating, the last thing any guy wants to do is show a woman anything

resembling *real*. From the physical to the financial, every aspect of a single guy's life is as cleverly edited and overproduced as any episode of *The Bachelor*.

I learned this a decade ago during my tenure as a bouncer at a New York City bar. There I saw all the deceptive ways men present themselves during the courting process. Looking back, I realize I was guilty of them too. Karel dated a very different Aaron than the one she settled into a long-term relationship with. Most women do. Let me explain.

Single men are dripping in cash.

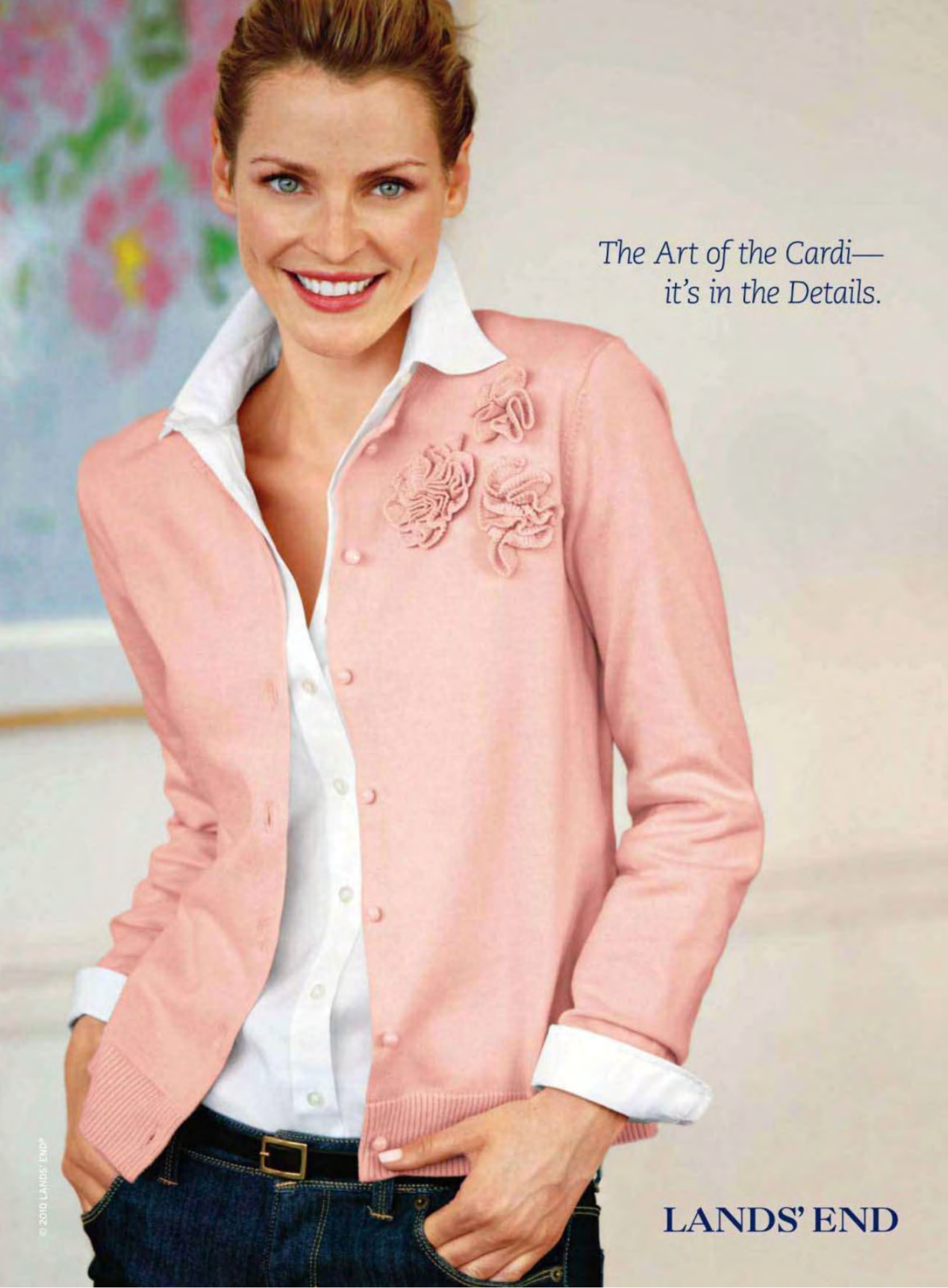
From the guy who casually assured his lady friend "not to worry about it" when it came to buying drinks, and then, after she was out of earshot, pleaded with the bartender for a break on the next round, to the regular who would scrawl his phone number on phony ATM receipts and give them to girls so they might catch a glimpse of how much he was (not really) worth, every guy in the bar wanted to look like he was in the black. I was no different. Dating Aaron always paid for dinners and movie tickets, not to mention the flowers he brought to Karel at least once a week.

What Karel didn't see: All the cash that Dating Aaron was spending on flowers, wine, and Italian food was coming directly out of Real Aaron's rent, which he would then frantically scramble to pay at the end of the month (usually late). Real Aaron had a job but no bank account—he managed his money using a complex system involving a check-cashing establishment and a couple of coffee cans.

Karel was terrified of Real Aaron when she finally came to learn the truth about my financial situation, but by that time, it was too late: She was already



ILLUSTRATION BY NATHALIE DION. TRAISTER: COURTESY OF SUBJECT.

A woman with blonde hair pulled back, smiling, wearing a light pink cardigan with three large, intricate floral embroidery details on the left chest. She is wearing a white button-down shirt underneath, with the collar and cuffs visible. She is also wearing dark blue jeans with a gold-colored belt buckle. Her hands are in her pockets.

*The Art of the Cardi—
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in love with my other finer qualities. So from my perspective, everything worked according to plan.

Single guys clean up nice (and often).

At the bar, we had regulars who would show up Monday through Thursday looking like they had come from a greased-pig-wrestling contest. But come Friday night, these same guys looked like they'd just graduated from the Derek Jeter School of Grooming and Hygiene. I was the same: Dating Aaron was always freshly shaven and showered. Dating Aaron didn't own much, so his apartment always appeared ordered. (Dating Aaron also had a tidy roommate who, unbeknownst to Karel, did most of the cleaning.) Dating Aaron once shared with Karel his belief that "a clean and organized house reflects a clean and organized mind."

Karel believed Dating Aaron. Then she married Real Aaron, of the stubborn sweat stains and greasy mullet. Luckily, Karel quickly picked up on the fact that as much as I love cultivating my "Pioneer Sheik" look, the beard will eventually get itchy, the unwashed shirt will start to smell, and I will, in the end, break down and clean up. I like to think she appreciates Prince Charming that much more when he finally makes his much-belated appearance.

Single guys live for foreplay.

Dating Aaron was always thoughtful and giving when it came to sex. Dating Aaron worked tirelessly to ensure his partner's happiness and satisfaction. Dating Aaron was a patient and imaginative lover.

Real Aaron is as patient and imaginative a lover as a mountain gorilla in mating season. Working hard to ensure my partner's satisfaction is not my main priority now that I know she's committed for the

long haul. I've discovered I'm pretty selfish when it comes to sex. Lemme put it like this: I know sex isn't a race, but it sometimes feels that way, and while I'd love to cross the finish line at the same time, I don't want to get disqualified while I wait for Karel to catch up. (In truth, I do feel bad about this one, so once or twice a month Dating Aaron

reemerges from the shadows of our bedroom to lavish Karel with affection and make up for my usual selfish laziness.)

So, was I guilty of false advertising? Oh, definitely. The only thing I can say in my defense (and possibly your guy's) is that a little dating dishonesty can be a sign of how hard he's fallen for you. I knew no one as amazing as Karel was waiting for a shot at a broke, smelly sex-ape. I saw my two futures—the one with her and the one without her—and I have no regrets about being a big phony to get what I wanted. I'm just thankful she fell for it, and then found something real in me to love. **R**

Dating dishonesty can be a sign that he's fallen hard for you.

Straight answer from the Whys Guy

Dear Whys Guy: How often is my hubby hoping I initiate sex? What cues should I clue into that he wants me to take charge? —Rachael, CA

Rachael: There is never a wrong time for sex, and there is never a wrong time to initiate sex. Seriously,

I could lose my big toe in a gruesome lawn-mower accident, and if Karel suggested we have hours of lovemaking before heading to the hospital, I'd take her up on it.

After marriage, most guys don't worry about who's taking charge, we just want sex. Just

remember this handy acronym: SAG—Sex Always Good. You probably wouldn't be able to keep up if I told you how much sex it would actually take to keep your man happy, so just worry about having enough sex to keep *yourself* happy, and you'll be all set.

Need help decoding odd male behavior? Email questions to redbook@hearst.com (subject: Whys Guy). Letters may be edited for clarity and length.

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Will the Internet kill magazines?

Did instant coffee kill coffee?

New technologies change many things. But not everything. You may surf, search, shop and blog online, but you still read magazines. And you're far from alone.

Readership has actually increased over the past five years. Even the 18-to-34 segment continues to grow. And typical young adults now read more issues per month than their parents. Rather than being displaced by "instant" media, it would seem that magazines are the ideal complement.

The explanation, while sometimes drowned out by the Internet drumbeat, is fairly obvious. Magazines do what the Internet doesn't. Neither obsessed with immediacy nor trapped by the daily news cycle, magazines promote deeper connections. They create relationships. They engage us in ways distinct from digital media.

In fact, the immersive power of magazines even extends to the advertising. Magazines remain the number one medium for driving purchase consideration and intent. And that's essential in every product category.

Including coffee.



So, your best friend's gone off the deep end and your mother-in-law's in league with the devil? It's all going to be fine—just follow Karen Karbo's advice.



Advice guru Karen Karbo is a mom, a teacher, and the author of *The Gospel According to Coco Chanel*.

Her mom is a pain

My 8-year-old daughter's best friend is a lovely girl. But thanks to her mom, playdates involve constant phone calls and parenting feedback ("You shouldn't give her all that candy"). Now, because I work from home, this mom is asking me to be a backup sitter when she comes home late! I don't want these issues to hurt my daughter's friendship. Advice? —A.R., 46, MADISON, WI

For the good of all involved, forget about your daughter and her friend and focus on *you* for a moment. To keep from being steamrolled by this other mom, you need to figure out what you will and won't do in your dealings with her. Babysitting, for example. Next time she asks you to watch her kid, say you can't; you have your own work to catch up on. In general, less interaction with her will reduce the amount of commentary on your parenting, so feel free to tell her you just can't talk when she calls compulsively during playdates. And feel free to turn down playdates when you're busy or the scheduling is tough. Your daughter might be disappointed, but you're also going to be modeling boundary-setting behavior for her—and that's an invaluable lesson.

Grr... he won't stand up to his ex

My boyfriend has a 10-year-old daughter from a previous relationship. Her mother tells her that he will buy her things and take her places without asking him first. He wants to make amends for not being there for his daughter in the beginning, but am I right to want him to stand up to his ex? It's affecting our relationship. —V.M., 26, WASHINGTON, DC

You can tell him you're concerned about him, but what he chooses to do in terms of raising his child is out of your hands. Unless something happens that directly involves you—like if he were to get custody of his daughter and you were expected to help care for her—you've got to let him handle his responsibilities as he sees fit. Focus on being a supportive adult in this little girl's life and let your guy negotiate the situation with her mom. Meanwhile, try to figure out whether you can fully accept his daddy-on-call status for the long haul.

Is there a nice way to say, "Shut up"?

Every once in a long while, I get a massage as a special treat. Unfortunately, I sometimes end up with a chatty masseuse who totally ruins the mood! I don't want to be rude, but how can I get her to be quiet? —A.B., 45, SANTA MONICA, CA

Just pretend you're asleep! She will eventually tire of talking to herself.

She's so cheap

I have a friend who considers herself "frugal." In my opinion, she's obsessively *cheap*. If she has a coupon, she insists we go to that particular restaurant, and when the bill arrives, she contributes only the exact amount of her food—no tip, or a very low one. I enjoy her company, but this really irks me. What can I do? —S.A., 26, JUPITER, FL

I feel your pain. And I also relate to your habit of just sucking it up. (Why is it that we women believe we're not allowed to *say* anything if something bugs us about someone?)

The next time your friend has a coupon for somewhere you don't want to go, say, "I get that you're trying to save money, but I don't feel like pizza (or whatever). C'mon, treat yourself." And when the bill comes, calculate a reasonable tip and ask for her share of that amount, plus half the tax.

My point: You can be more open about how annoying you find her frugality, without hurting your friendship. She might change. Or she might not. In that case, if being cheap is your friend's worst trait, springing for the tip might be a small price to pay to keep her in your life.

Got some guy, family, friend, or frenemy drama?

Karen can help! Send your questions about friends, siblings, parents, men, kids, and anyone in your life to karenkarbo@redbookmag.com. Letters may be edited for clarity and length.

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Rocket mom!

Want tips on how to stay connected with your kids when you can't be with them? Listen to Nicole Stott—she does it from outer space. *Not kidding.*

Talk about a long commute to work: This month, Nicole Stott, 47, will say good-bye to her husband, Chris, her 8-year-old son, Roman, and the entire planet to spend two weeks working at the International Space Station. And that's a short trip; last year she was there for three months. Stott amazed us with her ideas for keeping in touch:

When you're in space, how do you and Roman stay close?

I can actually call home from the space station on a special phone, so Roman and I talk every night. We chat about what's going on at school, what books he's reading, and how his baseball season is going. It's amazing that I can help him with his homework whether I'm at the kitchen table or on orbit. Also, Roman and I wear matching yellow bracelets that say, "Mommy loves Roman." It's our special thing.

It must be so cool for your son to have a mom who's been in space! Is he into it?

Yeah, he's definitely interested. I make little videos for him about how life works in space, like, "This is how we brush our teeth" and "This is how the toilet works." He thinks it's funny that we don't use plates to eat because food just floats there.

You've got two huge jobs: astronaut and mom. How do you make it all work?



Down to earth: Nicole enjoys time with her family.

Having a grounded husband! I don't worry about being up in space because I know Chris loves being home taking care of our son. I also savor this amazing life I have: When I came back to earth last time, just being able to breathe fresh air and then give big hugs to my husband and my little munchkin was ethereal. —LINDSEY PALMER



WHY KIDS' LIES AREN'T SO BAD

When your toddler looks you in the eye and says, "Mommy, my doll broke it!" you're torn between laughing out loud at her alibi and worrying she'll become a mini Bernie Madoff. But research from the University of Toronto says that lying not only is a normal part of childhood but also might mean your kid is an extra-clever cookie. Researchers asked kids ages 3 to 8 to avoid peeking at a covered toy, then left the room for a few minutes. Virtually all the kids looked, but more than half denied it. "The best liars were the ones with the most highly developed executive function—they had the ability to plan and carry out actions," says study author Kang Lee, Ph.D. So the next time your kid drops a whopper, respect her smarts, *then* use the opening for a talk about why it's important to tell the truth. Honestly, that's your best policy. —MARISA COHEN

HOW HE DOES IT

"I'm in awe of my wife's parenting, but we disagree on one thing: schedules. She believes in sticking to them; I don't. If I let my son stay up with me to watch the end of a game or read another chapter to my daughter, it's the difference between a memory and any other night. The kids may be tired the next day, but we all survive." —DANNY EVANS, blogger, *Dad Gone Mad*

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for a taste kids love, it's a great way to start their day right.

Who's been sleeping in *your* bed?

It's not just toddlers crawling under the covers with Mom and Dad. Plenty of older kids (Angelina and Brad's included!) are spending nights there too. Is this okay for them? What about their parents? Susan Dominus reports.

The day she showed up at work with a black eye, Anna Mena, a department-store manager in New York City, could tell that her coworkers were alarmed. Finally, a close friend approached: Was everything fine at home? Mena admitted the truth: Her 5-year-old, who shared a bed with her and her husband most nights, had given her a swift kick in the face mid-slumber while flinging himself into a new position. She'd fled to the bathroom, crying tears of pain; her son slept right through it.

"Wow," said her colleague, once convinced that Mena, 42, wasn't a battered wife. "I guess it's time to get that kid out of your bed." Mena could not have agreed more.

Two years later, the thrasher still flails his way through his sleep cycles next to his parents, despite their best efforts to get him to sleep on his own. His parents have been bruised. They have been thwarted. Now, says his mother, they are mostly resigned.

Mena never thought she would be the kind of mom who puts up with a second-grader in her bed, though she is comforted by one

Brad and Angelina let all six kids pile into their 9-foot, custom-made bed.

thing: "Every single one of my friends has a child who ends up visiting them at night."

Cosleeping with babies is one of those hot-button issues that elicits sermonizing from otherwise reasonable parents on both sides of the debate. And no wonder, with the stakes so high: Bed-sharing puts babies at higher risk for sudden infant death syndrome (the position of the American Academy of Pediatrics). Still, some attachment-parenting gurus insist it can be done safely, and that it's the only arrangement a loving parent could choose.

Then there is the *other* family bed phenomenon—the more covert one, in which older children of 5 or 10 come, pitter-patter, into their parents' rooms in the middle of the night or start out sleeping there, kids who prefer Mom and Dad's bed to their own. Whether or not they deliberately make this sleep choice, parents often keep it a secret, concerned they'll be judged as overindulgent or codependent at best—or creepy and perverse at worst. Never mind what it suggests about their sex life.

Angelina Jolie, already something of a maternal iconoclast, has none of that shame: She recently told *Vanity Fair* that she and Brad Pitt regularly let their six kids, ages 15 months to 8 years, pile into their bed. When you've got that many, apparently, even a custom-made 9-foot bed won't shield you from the kids' nocturnal rustlings. "Mommy and Daddy are very tired the next morning," she said.

Yeah, tell us about it. A growing number of parents are

There were eight in the bed...



FROM LEFT: JORDAN STRAUSS/WIREIMAGE, SPLASH NEWS; RON ASADORIAN/SPLASH NEWS, SCOTT LARSON/SPLASH NEWS, MIKE/SPLASH NEWS, JACKSON LEE/AHMD ELATAB/SPLASH NEWS, SPLASH NEWS, JEFFERY MAYER/WIREIMAGE, BED: MARTIN BARRAUD/GETTY IMAGES, BEDSPREAD: RETRO BEACH/VEER.

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squeezing their children into their standard kings and queens. Experts estimate that about 15 percent of families have children ages 5 and up with whom they share a bed for part or all of the night, several times a week. "Cocooning with grade-school children and beyond is much more common than anyone would imagine," notes James McKenna, Ph.D., a professor of anthropology who runs the Mother-Baby Behavioral Sleep Laboratory at the University of Notre Dame in South Bend, IN. "I've spoken to college kids who curl up at night with Mom and Dad. The older the child, the quieter parents get about it."

Some experts link the trend to rising rates of breastfeeding, as more moms start bed-sharing at birth—despite safety warnings—and never stop. Other parents just find it hard to part with their kids at bedtime. Raised on a culture of therapy, memoir, and Oprah, moms and dads today are exquisitely sensitive to the trials of childhood, which apparently includes the separations that occur on a nightly basis—or would, if everyone stayed in their own beds.

Sleeping together: What's okay, what's not

Some parents will tell you that cosleeping can be a cozy, manageable comfort for a family. Such is the idyllic scenario Sherry Perdue, 46, and her husband, who run their own business in Blacksburg, VA, describe. Their 5- and 7-year-olds fall asleep around 7:30 p.m. in their parents' bed, and the couple joins them later. "Their bunk bed is for play more than sleep," says Perdue. She feels closer to her children and cherishes morning together time. "That's when my son feels comfortable bringing up anything, like a fight he had with his brother," she says. "I'm not sure he'd come to me during the day the way he does when he's quietly reflecting at that time."

Many experts out there see nothing wrong with sharing a bed, as long as couples carve out intimate time for themselves. "If both parents agree on the arrangement and everyone gets enough sleep, cosleeping is absolutely fine," says Jodi Mindell, Ph.D., a psychologist and vice chair of the board of directors for the National Sleep Foundation. "It's a choice that families make."

For certain parents, it's the only workable solution. Juliana Olivarez, 39, a kindergarten teacher and a single mother of two in Tucson, AZ, coslept with her son from birth to 13. "Otherwise, we'd never have gotten *any* sleep," she says. "He had night terrors when he slept alone."

She tried the techniques doctors recommended: offering positive rewards, sitting by his bed in a folding chair and inching farther away each night. Nothing helped.

"I've spoken
to college
kids who curl
up with Mom
and Dad."



Friends gave her grief, but she had little patience for it: "These people don't have night after night of no sleep."

Her son, now an independent, well-adjusted teen, still crawls into her bed on occasion. "I know, kids need boundaries," she says. "I'll have boundaries when he moves out."

Crowded and cranky

Olivarez has thrown in the towel, but other parents persist in returning kids to their own beds, as often as 20 times a night. "We've truly flunked the sleep part of parenting," says one mom from Athens, GA. On some nights, this is her setup: a 4-year-old, a 7-year-old, and one of two parents crammed into the bottom bunk of an Ikea bed. One child insists on parental company, and her sibling, jealous, slides in for good measure.

Musical beds are a recurring theme among families that reluctantly cosleep, says family therapist Jennifer Waldburger, coauthor of *The SleepEasy Solution* and cofounder of the Sleepy Planet consultancy in Los Angeles. She worked with one family that started out nights in their own beds, but by dawn, the kids, ages 6 and 9, occupied the master bed, with the dad relegated to the couch and the mom in the guest room. "It's amazing the lengths parents will go to to do what they believe is best for their family," Waldburger says.

But *is* this the best thing for kids? "I worry about the children who know that their parents want them out of the bed but can't make it happen," says Jean Kunhardt, a family therapist and cofounder of SoHo Parenting, a New York City counseling center. "These children have a lot of guilt and feel like they're disappointing their parents."

Kids who crash their parents' beds are also less likely to get a good night's rest than their solo-sleeping peers, adds Rachel Steinberg, a sleep consultant in Boulder, CO. "There's a full interruption in sleep, and it affects the quality." Tired kids are at risk for academic issues; pooped parents may not perform as well at work. And both fatigued kids and parents may put on extra weight.

Therapists worry that kids whose parents can't get them

Whether you're sex-deprived or just need more leg room, these strategies will help get your not-so-little ones to sleep on their own. Good night—and good luck!

- **Time it right.** Choose a low-stress period (*not* the first weeks of school) to start the process of no cosleeping.

- **Tailor to your kid.** Your plan should factor in your child's personality, says family therapist Jennifer Waldburger, of

Los Angeles's Sleepy Planet. Does she respond well to a rewards system—a treat for each night she stays in her bed? Will new sheets or a special night light make her bed more enticing?

- **Camp out.** Spend your first few nights sleeping in your child's room, says Waldburger. Then taper off your time in there.

- **Commit to it—for real.** Even when parents say they want the kids outta their bed, deep down

they may like having them there. Half-baked attempts to break the habit only perpetuate problems, because kids recognize ambivalence. "My job is convincing parents that kids can do this—and that they *need* to," says Waldburger. If your child visits at night, walk her back to bed each time, calmly and without anger. "Think of yourself," says Jean Kunhardt of SoHo Parenting in New York City, "as a benign dictator."

out of their bed might have other separation issues. "I see children not meeting age-appropriate expectations, like doing homework alone, only to find out in passing that the child is cosleeping," says Valerie Levine, Ph.D., a psychologist in Hendersonville, NC, and author of *Break the Cosleeping Habit*. Another milestone that may slide: "We aren't teaching these kids to self-soothe," says Cora Breuner, Ph.D., associate professor of adolescent medicine at Seattle Children's Hospital. They may, for instance, overly rely on parents to calm them when they're upset. And obviously, continues Breuner, "they're not learning how to fall asleep on their own."

Sneaking in sex

And now, the question no one feels comfortable asking a cosleeping parent: What about your sex life? Some couples cope by having it whenever and wherever. "You end up in the living room, not someplace you'd ordinarily be," says Mena (the one with the black eye). "It's adventurous." The Georgia couple who cosleep in a bunk bed have sex when the kids are at school, since both parents have flexible schedules.

Michelle Gamble-Risley, a 44-year-old publisher from Fair Oaks, CA, says she and her husband are so used to their 6-year-old daughter showing up at night that it's hard to relax when the mood strikes. "It's like, *Hey, hurry up, she's on her way*—we can feel it," says Gamble-Risley.

Beth Abelson Gentle, 42, a stay-at-home mom in Oro Valley, AZ, and her husband have been woken up in the night so many times by their 8-year-old that even when he's on a sleepover at a friend's, they've stopped out of habit, mid-sex, to lock the door. Gentle can now *almost* laugh at the time her son pounded on their door, sobbing, while she and her husband finished what they were up to. Afterward, they found him fast asleep in the hallway, at which point her husband picked him up—and brought him into their bed.

Kunhardt has seen in her therapy practice just how tension over cosleeping can strain a marriage. "If you can't safeguard your nights and you give yourself over to parenting 24/7, how can you protect your relationship?"

Even parents who are happy with their family bed often wonder when the time is right for their child to move on. Most experts agree that kids should be sleeping on their own by adolescence. "For kids entering puberty, cosleeping can be uncomfortable, confusing, and even inappropriate," Breuner says.

Meanwhile, cosleeping parents let it ride and savor moments of sweetness. "I love how my son sleeps with my hand under his cheek," Mena says. Though there are nights when she and her husband wish they were alone, what's most important is that their son feels safe and sound. "He's staying," she says, "until he's ready to go." **E**

Share your bedtime story! Compare your cosleep situation with other moms'—and read one parent's seven-year saga (with a very happy ending) at redbookmag.com/cosleeping.



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Vyvanse is a federally controlled substance (CII) because it can be abused or lead to dependence. Keep Vyvanse in a safe place to prevent misuse or abuse. Selling or giving Vyvanse may harm others, and is against the law.

See adjacent page for Important Safety Information and Patient Brief Summary including Warning about Potential for Abuse and discuss with your doctor.

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MEDICATION GUIDE VYVANSE® (lisdexamfetamine dimesylate) CII

Read the Medication Guide that comes with Vyvanse before you or your child starts taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking to your doctor about you or your child's treatment with Vyvanse.

What is the most important information I should know about Vyvanse?

Vyvanse is a stimulant medicine. The following have been reported with use of stimulant medicines.

1. Heart-related problems:

- sudden death in patients who have heart problems or heart defects
- stroke and heart attack in adults
- increased blood pressure and heart rate

Tell your doctor if you or your child have any heart problems, heart defects, high blood pressure, or a family history of these problems.

Your doctor should check you or your child carefully for heart problems before starting Vyvanse.

Your doctor should check you or your child's blood pressure and heart rate regularly during treatment with Vyvanse.

Call your doctor right away if you or your child has any signs of heart problems such as chest pain, shortness of breath, or fainting while taking Vyvanse.

2. Mental (Psychiatric) problems:

All Patients

- new or worse behavior and thought problems
- new or worse bipolar illness
- new or worse aggressive behavior or hostility

Children and Teenagers

- new psychotic symptoms (such as hearing voices, believing things that are not true, are suspicious) or new manic symptoms

Tell your doctor about any mental problems you or your child have, or about a family history of suicide, bipolar illness, or depression.

Call your doctor right away if you or your child have any new or worsening mental symptoms or problems while taking Vyvanse, especially seeing or hearing things that are not real, believing things that are not real, or are suspicious.

What is Vyvanse?

Vyvanse is a central nervous system stimulant prescription medicine. It is used for the treatment of Attention-Deficit Hyperactivity Disorder (ADHD). Vyvanse may help increase attention and decrease impulsiveness and hyperactivity in patients with ADHD.

Vyvanse should be used as a part of a total treatment program for ADHD that may include counseling or other therapies.

Vyvanse is a federally controlled substance (CII) because it can be abused or lead to dependence. Keep Vyvanse in a safe place to prevent misuse

and abuse. Selling or giving away Vyvanse may harm others, and is against the law.

Tell your doctor if you or your child have (or have a family history of) ever abused or been dependent on alcohol, prescription medicines or street drugs.

Who should not take Vyvanse?

Vyvanse should not be taken if you or your child:

- have heart disease or hardening of the arteries
- have moderate to severe high blood pressure
- have hyperthyroidism
- have an eye problem called glaucoma
- are very anxious, tense, or agitated
- have a history of drug abuse
- are taking or have taken within the past 14 days an anti-depression medicine called a monoamine oxidase inhibitor or MAOI
- is sensitive to, allergic to, or had a reaction to other stimulant medicines

Vyvanse has not been studied in children less than 6 years old. Vyvanse is not recommended for use in children less than 3 years old.

Vyvanse may not be right for you or your child. Before starting Vyvanse tell your or your child's doctor about all health conditions (or a family history of) including:

- heart problems, heart defects, high blood pressure
- mental problems including psychosis, mania, bipolar illness, or depression
- tics or Tourette's syndrome
- liver or kidney problems
- thyroid problems
- seizures or have had an abnormal brain wave test (EEG)

Tell your doctor if you or your child is pregnant, planning to become pregnant, or breastfeeding.

Can Vyvanse be taken with other medicines?

Tell your doctor about all of the medicines that you or your child take including prescription and non-prescription medicines, vitamins, and herbal supplements. Vyvanse and some medicines may interact with each other and cause serious side effects. Sometimes the doses of other medicines will need to be adjusted while taking Vyvanse.

Your doctor will decide whether Vyvanse can be taken with other medicines.

Especially tell your doctor if you or your child takes:

- anti-depression medicines including MAOIs
- anti-psychotic medicines
- lithium
- blood pressure medicines
- seizure medicines
- narcotic pain medicines

Know the medicines that you or your child takes. Keep a list of your medicines with you to show your doctor and pharmacist.

Do not start any new medicine while taking Vyvanse without talking to your doctor first.

How should Vyvanse be taken?

- **Take Vyvanse exactly as prescribed.** Vyvanse comes in 6 different strength capsules. Your doctor may adjust the dose until it is right for you or your child.
- Take Vyvanse once a day in the morning.
- Vyvanse can be taken with or without food.
- From time to time, your doctor may stop Vyvanse treatment for a while to check ADHD symptoms.
- Your doctor may do regular checks of the blood, heart, and blood pressure while taking Vyvanse. Children should have their height and weight checked often

while taking Vyvanse. Vyvanse treatment may be stopped if a problem is found during these check-ups.

- **If you or your child takes too much Vyvanse or overdoses, call your doctor or poison control center right away, or get emergency treatment.**

What are possible side effects of Vyvanse?

See "What is the most important information I should know about Vyvanse?" for information on reported heart and mental problems.

Other serious side effects include:

- slowing of growth (height and weight) in children
- seizures, mainly in patients with a history of seizures
- eyesight changes or blurred vision

Common side effects include:

- upper belly pain
- decreased appetite
- dizziness
- dry mouth
- irritability
- trouble sleeping
- nausea
- vomiting
- weight loss

Vyvanse may affect your or your child's ability to drive or do other dangerous activities.

Talk to your doctor if you or your child has side effects that are bothersome or do not go away.

This is not a complete list of possible side effects. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Vyvanse?

- Store Vyvanse in a safe place at room temperature, 59 to 86° F (15 to 30° C). Protect from light.
- **Keep Vyvanse and all medicines out of the reach of children.**

General information about Vyvanse

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use Vyvanse for a condition for which it was not prescribed. Do not give Vyvanse to other people, even if they have the same condition. It may harm them and it is against the law.

This Medication Guide summarizes the most important information about Vyvanse. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Vyvanse that was written for healthcare professionals. For more information about Vyvanse, please contact Shire US Inc. at 1-800-828-2088.

What are the ingredients in Vyvanse?

Active Ingredient: lisdexamfetamine dimesylate

Inactive Ingredients: microcrystalline cellulose, croscarmellose sodium, and magnesium stearate. The capsule shells contain gelatin, titanium dioxide, and one or more of the following: D&C Red #28, D&C Yellow #10, FD&C Blue #1, FD&C Green #3, and FD&C Red #40.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

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INDICATION

Vyvanse® (lisdexamfetamine dimesylate) is a prescription medicine for the treatment of ADHD. Efficacy based on two controlled trials in children aged 6 to 12 and two controlled trials in adults. Vyvanse should be used as part of a total treatment program that may include counseling or other therapies.

IMPORTANT SAFETY INFORMATION

Vyvanse is a stimulant medicine. Abuse of stimulants may lead to dependence. Misuse of stimulants may cause sudden death and serious cardiovascular adverse events. These events have also been reported rarely with stimulant use.

Tell the doctor about any heart conditions, including structural abnormalities, that you, your child, or a family member, may have. Inform the doctor **immediately** if you or your child develops symptoms that suggest heart problems, such as chest pain or fainting.

Vyvanse should not be taken if you or your child has advanced disease of the blood vessels (arteriosclerosis); symptomatic heart disease; moderate to severe high blood pressure; overactive thyroid gland (hyperthyroidism); known allergy or unusual reactions to drugs called sympathomimetic amines (for example, pseudoephedrine); glaucoma; a history of problems with alcohol or drugs; agitated states; taken a monoamine oxidase inhibitor (MAOI) within the last 14 days.

Tell the doctor **before** taking Vyvanse if you or your child is being treated for or has symptoms of depression (sadness, worthlessness, or hopelessness) or bipolar disorder; has abnormal thoughts or visions, hears abnormal sounds, or has been diagnosed with psychosis; has had seizures or abnormal EEGs; has or has had high blood pressure; exhibits aggressive behavior or hostility. Tell the doctor **immediately** if you or your child develops any of these conditions or symptoms while taking Vyvanse.

Talk to your health care provider if your child experiences slowing of growth (height and weight). Children should have their height and weight checked periodically while taking Vyvanse. Your health care provider may stop Vyvanse treatment if a problem is found during these check-ups.

The most common side effects reported in studies of Vyvanse were upper belly pain, dry mouth, weight loss, irritability, vomiting, nausea, dizziness, trouble sleeping and decreased appetite.

Aggression, new abnormal thoughts/behaviors, mania, growth suppression, worsening of motion or verbal tics, and Tourette's syndrome have been associated with use of drugs of this type. Tell the doctor if you or your child has blurred vision while taking Vyvanse.

See adjacent page for Patient Brief Summary, including Warning about Potential for Abuse, and discuss with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088



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Just call us Halloweenies

Is there a child who doesn't live for October 31? Yes, there are two. Their mom, Ellen Seidman, learned that if you can't face-paint 'em, join 'em.

My son's first Halloween was scary, for both of us. At 10 months old, Max functioned at a four-month level. A stroke at birth had caused brain damage and serious delays; doctors weren't sure how disabled he would be. Still, I wanted him to have the fun-tastic rite of passage everyone enjoys as a kid—the thrill of dressing up, the glee of dumping out the night's haul. That October, I got Max a ridiculously cute velour pumpkin costume and took him to our town's parade. Hundreds of kids milled around, store owners doled out candy corn, a loudspeaker blasted “Monster Mash.”

Max freaked out. His sensory issues were just beginning to surface, and the crowd and noise terrified him. I felt awful for him, and mournful. We left every other family in town at the party and went home.

I tried again next year (Max as a puppy) and the year after (Max as Thomas the Tank Engine). He wailed; I cried. By the time Max's fourth Halloween rolled around

and he'd been diagnosed with cerebral palsy, I'd given up on the parade. My husband took our 2-year-old, Sabrina, while Max and I carved out our own celebration. He put on a fireman's hat, I swung him on our backyard swing, and then we downed double-fudge ice cream. It was his idea of a good time and, unexpectedly, mine too; Sabrina could represent our family amid the sugar-fueled swarms.

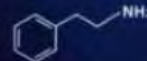
But, no. Last year, both kids refused to dress up, Sabrina joining Max in a show of sibling solidarity. At first I begged her to wear the Ariel getup (\$39!!!) I'd bought. And then, I let go. We would do Halloween our way, in T-shirts and sweatpants. *That* would be our tradition, as quirky as our family itself.

And so off we went, trick-or-treating. “Who are you?” neighbors asked, perplexed by my costume-less children. “I'm Sabrina!” said Sabrina. “Ax!” said Max. Best costumes ever. ®

Ellen Seidman blogs daily at lovethatmax.blogspot.com.

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WARNING: This product can raise blood pressure and interfere with other drugs that you may be taking. Talk to your doctor about this product.

LL Cool J, interviewed by his daughter Nina, 10



Nina: Daddy, I love Miley Cyrus. What's your favorite song of hers?

LL: "Party in the USA." It's a real fun song. I just wish my name were in it.

Nina: I love to watch you on TV. Do you ever get scared to do that action stuff on *NCIS*?

LL: I actually enjoy it—you just can't be Mr. Macho. I do about 90 percent of my own stunts, and the things I can't do for insurance reasons, like swinging out of a flying helicopter, I wouldn't want to do anyway.

Nina: So what's your favorite movie?

LL: *Star Wars*.

Nina: My favorite movie right now is *Dinner for Schmucks*.

LL: I can't believe it. I can't believe my daughter is saying *schmucks*.

Nina: Do you like feeding Miles? [Her pet lizard]

LL: It's not the friendliest thing to feed him worms and crickets, but I love the idea of fattening him up and watching nature take its course.

Nina: He was only an inch long when we got him. Now he's like half a foot!

LL: He's going to get big and he's got girth. He's like my man. My man Miles! When he first crawled into my hand, I knew it was meant to be.

Nina: If I get all A's on my report card this year, do I get a present?

LL: I expect you to get all A's. Why would I get you a present?

Nina: *Daaaad*, that's my question—you're supposed to answer it! I'd like an iPad, a new phone, or a puppy. So what would it be?

LL: I think it's obvious we grew up in different neighborhoods. I would take you out for ice cream. —ADAPTED BY ANNA DAVIES

The *NCIS*: Los Angeles star is also the proud pop of son Najee, 21, and daughters Italia, 20, and Samaria, 16.

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IT'S 7 A.M.

How to **LOVE** your weekday mornings

● **The best way to have a calmer a.m.?** Get a head start the night before. "Spend 10 minutes before bed making a to-do list of things you need to tackle the next day," says organizing expert Peter Walsh, author of *Enough Already!* "You'll sleep more soundly and, once the alarm goes off, be ready for the morning rush."

● **Hit the snooze button for the kids.** A new study finds that teens who get a later morning start are less likely to be depressed than early risers. Let the little ones enjoy more shut-eye too, and make a game of gaining back lost minutes: Have the kids race to get dressed, or time their routine and see if they can beat their fastest.

● **Take the chill off a crisp morning.** If your children cling to the covers, "Motivate them to get up and dressed by warming up their clothes in the dryer for a few minutes," Walsh suggests. While you're at it, throw in your outfit too—or just your undies!

—LINDSEY PALMER



Potlucks: Just as fun as dinner out, at half the price!

LIVING LARGE ON \$42,500

That's what Jenetta and Jon Penner pull in each year after taxes, but they make it feel like a fortune. Here, they open their books:

My husband and I used to devote most of our waking hours to our photography business, but once the recession hit, we weren't getting as many clients. So we shut it down, and I started frugalfreebiesanddeals.com, which leaves me



Jenetta and Jon Penner of San Diego have two girls, ages 4 and 6.

plenty of time for our new family: Last year we took in our daughters from foster care, and we officially adopted them in February. But I took a big pay cut, to about \$18,000 a year (I earn money from ads). The shock? Reining in our spending has been *enjoyable*. What I do:

- **We host potlucks with friends.** We all dress up and we cook a theme, like Italian.
- **I hit up yard sales for clothing** and save up to \$100 a month. I go at the end, when the sellers are willing to give me fantastic deals. I recently picked up

a brand-new, tags-on pair of Old Navy jeans for my daughter for only a dollar, and a 50-cent Gap shirt for myself. When I get home with the booty, the girls put on a fashion show. They love it!

- **I kicked my coloring habit.** I had my hair-stylist dye my hair back to my natural shade, and—presto!—I saved more than \$200 a year. Bonus: I actually like my hair better now.
- **I find recipes for my favorite restaurant meals** at copykat.com. My favorite is Olive Garden's Chicken Giardino, which I can do at home for just \$5.
- **I reduced our landline-phone plan to the bare minimum**, just \$9 per month, since we make most of our phone calls on our cell phones to people within our network or use Skype.
- **I ditched cable.** We bought an antenna for the roof, and now we get all the basic cable channels for free.
- **I barter services with friends.** I recently traded photography work for an interior design consultation. —AS TOLD TO LINDSEY PALMER

FIVE-MINUTE MONEY MANAGER

AVOID \$\$\$ GOTCHAS!

Happily, the new financial reform bill creates a bureau to protect us from risky mortgages and crazy credit card fees. Sadly, most changes may not kick in until next year or later—and lots of lenders are rushing to dupe us while they still can. Be sure to...

- **Avoid inflated mortgage rates.** Some banks reward brokers who steer customers to higher-rate mortgages, which the new law will ban. Find a deal at hsh.com.

- **Outmaneuver prepayment penalties.** Soon, banks won't



REDBOOK's money expert, Beth Kobliner, author of *Get a Financial Life*

be able to charge extra if you pay off your mortgage ahead of time. For now, avoid signing ones with a prepayment penalty.

- **Outwit credit card antics.** Issuers lure you in with a low rate, then whack you with a higher one for late payments. See if there's action to take today at helpwithmybank.gov.



CAN YOU AFFORD ANOTHER KID?

The latest estimate of how much it costs to raise a child from womb to all grown up: \$222,360.

Scary, yes, but consider this: It's only \$36 a day, "and small savings add up—so if you're motivated, you can swing it," says Ellie Kay, author of *The Little Book of Big Savings* and mom of seven. **Do your own nails, brown-bag lunch, trade the gym for workout DVDs,** and you're off to a good start. (BYO-ing lunch saves \$8 per day, a study finds.) Not looking to grow your family? Use these tips anyway; your wallet will thank you. —L.P.

Who's Your LifeLine?



October
LifeLine
Spotlight
**Nicole
Tufaro**
Flemington, NJ



NICOLE ENJOYS SPENDING TIME
OUTDOORS AND HORSEBACK RIDING

In previous issues of REDBOOK, we asked readers to nominate their LifeLine for the Who's Your LifeLine? recognition program. This program honors individuals affected by multiple sclerosis (MS) who focus on maintaining a positive outlook and don't allow MS to stand in the way of living life to the fullest. The winner, Nicole Tufaro, was nominated by her mother, Marlena Juniman, because of her positive attitude, determination, and ability to inspire others.

“When Nicole was diagnosed, in 2006, she was recently married, working full-time, and had just returned to school. Her plate was full with trying to juggle what most people would consider more than enough,” says Marlena. Seventy-two hours after Nicole saw a doctor for numbness and pain in her hands and fingers, a specialist confirmed what her doctor had suspected: Nicole had MS. But rather than letting her emotions overwhelm her, Nicole faced her fears by educating herself about MS. “Nicole didn’t change her life, she just changed her fear to determination, and vowed not to let this disease affect her goals

and dreams,” Marlena says. Proof of this came two years later, when Nicole graduated from college with a 4.0 GPA. Today, she is a loving wife and stepmother, works full-time, and attends graduate school at night. She makes time to help others who are newly diagnosed with MS. Through her work both on an online chat board and at a local MS organization, Nicole offers advice, support, and encouragement to those who stand where she did back in 2006. “Nicole has been an inspiration, not only to her family but to everyone she meets,” says Marlena. “Her ambition and drive, not to mention success in overcoming her fears, are why Nicole is my LifeLine.”

Tips to Help Manage MS

When you're living with MS, having a strong support network can be an essential part of your well-being. Here are some ways to get the support you need from your loved ones.

- ☐ Educate friends and family about MS. The more they learn about MS, the more they can learn how best to support you.
- ☐ Try to spend time with others and enjoy hobbies. This helps restore a feeling of normalcy in your life.
- ☐ Get more information and support by going online. Visit mslifelines.com. You'll find tools, resources, and information about local and online MS-related events. Or get involved and share your voice on the MS Voices Facebook page, at facebook.com/MSVoices.

Tell us how your LifeLine has helped you manage MS, and they may be featured as the next Spotlight on mslifelines.com!

The Who's Your LifeLine? recognition program honors individuals affected by MS who focus on maintaining a positive outlook and do not allow MS to stand in the way of attaining their goals and dreams. We encourage you to tell us about a person living with MS, or caring for someone living with MS, whom you consider to be your LifeLine. Visit mslifelines.com/redbook to review the program guidelines and submit your LifeLine.

MS LifeLines

Services sponsored by



ONE CRAZY, HAPPY LIFE

Secrets of a suddenly big family from Amy Robach and Andrew Shue



"The kids get stars for behaving," Amy says. "When they reach seven, we give them a little reward, like Pokémon cards or lip gloss."



"Some days I'm up at 3:45 a.m. What helps me look alive: L'Oréal's Voluminous Mascara in Carbon Black."



"I've been pacing myself through *The Help*. I don't want it to end—it's beautifully written."



From left, Nate, Annalise, Wyatt, Ava, Aidan, Amy, and Andrew share a home in central New Jersey.



Between co-anchoring NBC's *The Today Show* Saturday edition and mothering Annalise, 4, and Ava, 7, Amy Robach, 37, was already juggling plenty. But she got even busier in February when she tied the knot with Andrew Shue (of *Melrose Place* fame). He has kids from a previous marriage too, so Amy became stepmom to Wyatt, 7 (who calls her "stepmamacita"), Aidan, 12, and Nate, 14, and their family went supersize. "We've had to pull back on after-school programs," Amy says, "since we can't be in five places at once." Andrew's flexibility as cofounder of the CafeMom Web community and the youth volunteer network Do Something has allowed the family to survive nanny-free. "We have three home lives," Andrew says: In any given month, "half the time we have all five kids, 10 days we have two, and for four days Amy and I are alone, like a honeymoon." Even when the kids are home, they'll escape to the bedroom. Says Amy, "We just say we're napping!" —LAUREN BRADSHAW



"Andrew and I set up a basketball court for the kids. We built it ourselves—mixing the cement, everything. The kids love it so much we've already broken a garage window!"

"Our local theater has \$5.75 movie nights on Tuesdays, so if everyone has their homework done, we'll head to a 5:30 showing."



"We all love the group Train right now. I had to start a no-singing-at-the-dinner-table rule, because otherwise all hell breaks loose!"



"I watched the old *Melrose Place* every week in my dorm room. But—and Andrew's going to kill me for saying this—I was a Jake fan!"



CLOCKWISE FROM TOP RIGHT: CHARLOTTE JENKS LEWIS/STUDIO D, FOX BROADCASTING/PHOTOFEST, PHILIP FRIEDMAN/STUDIO D, ISTOCKPHOTO.COM, JESUS AYALA/STUDIO D (INSET: COURTESY OF SUBJECTS), ISTOCKPHOTO.COM (INSET: COURTESY OF NBC), DORLING KINDERSLEY/GETTY IMAGES, COURTESY OF SUBJECTS.

PRISTIQ® (desvenlafaxine) is a prescription medication approved for the treatment of major depressive disorder in adults.

Important Safety Information About PRISTIQ®

Suicidality and Antidepressant Drugs
Antidepressants increased the risk compared to placebo of suicidal thinking and behavior (suicidality) in children, teens, and young adults. Depression and certain other psychiatric disorders are themselves associated with increases in the risk of suicide. Patients of all ages who are started on antidepressant therapy or when the dose is changed should be monitored appropriately and observed closely for clinical worsening, suicidality, or unusual changes in behavior such as becoming agitated, irritable, hostile, aggressive, impulsive, or restless. Should these occur, report them to a doctor. PRISTIQ is not approved for use in children under 18.

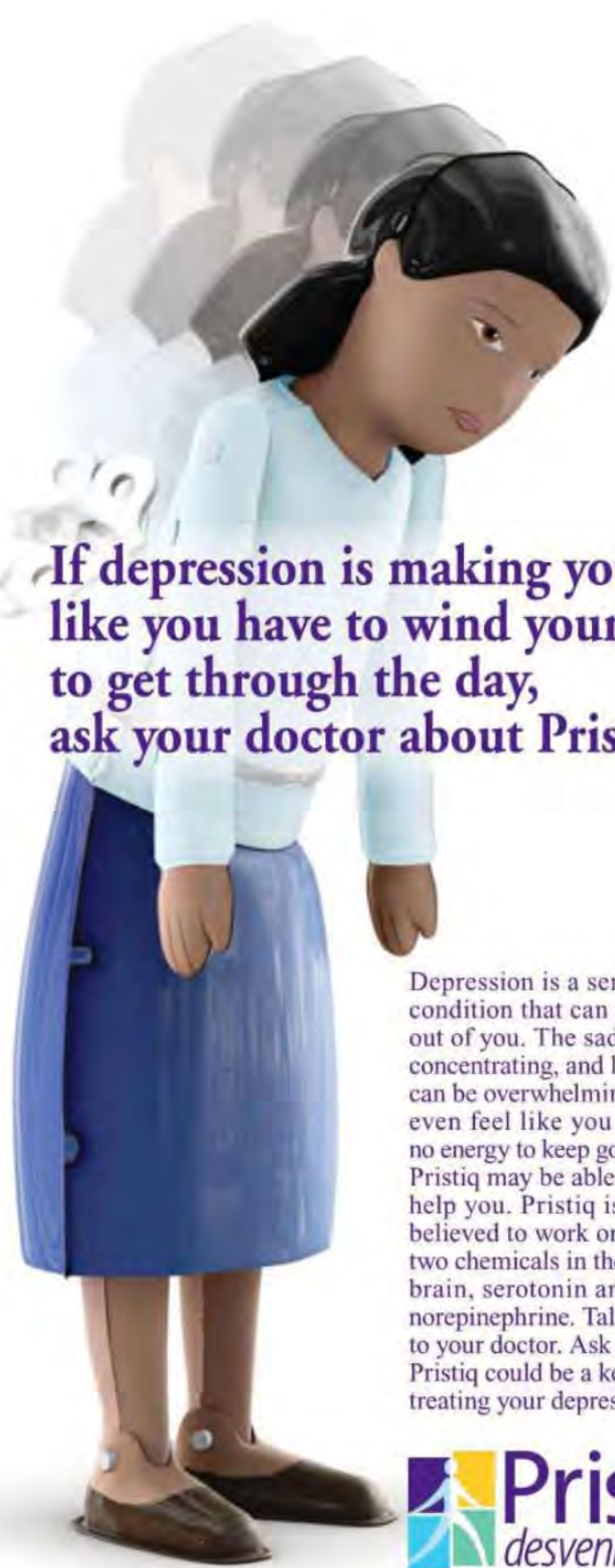
People taking MAOIs should not take PRISTIQ. Tell your healthcare professional about all prescription and over-the-counter medications you are taking or plan to take, including: medicines to treat migraines or mood disorders, to avoid a potentially life-threatening condition; and aspirin, NSAID pain relievers, or blood thinners because they may increase the risk of bleeding.

PRISTIQ may cause or make some conditions worse, so tell your healthcare professional about all your medical conditions, including:

- High blood pressure, which should be controlled before you start taking PRISTIQ and monitored regularly
- Heart problems, high cholesterol or triglyceride levels, or a history of stroke, glaucoma or increased eye pressure, kidney or liver problems, or have low sodium levels in your blood
- Mania, bipolar disorder, or seizures or convulsions
- If nursing, pregnant, or plan to become pregnant

Discontinuation symptoms may occur when stopping or reducing PRISTIQ, so talk to your healthcare professional before stopping or changing your dose of PRISTIQ. Until you see how PRISTIQ affects you, be careful driving a car or operating machinery. Avoid drinking alcohol while taking PRISTIQ. Side effects when taking PRISTIQ 50 mg may include nausea, dizziness, sweating, constipation, and decreased appetite.

Please see Brief Summary of Prescribing Information on next page.



If depression is making you feel like you have to wind yourself up to get through the day, ask your doctor about Pristiq.

Depression is a serious medical condition that can take so much out of you. The sadness, trouble concentrating, and loss of interest can be overwhelming. You may even feel like you have no energy to keep going. Pristiq may be able to help you. Pristiq is believed to work on two chemicals in the brain, serotonin and norepinephrine. Talk to your doctor. Ask if Pristiq could be a key in treating your depression.



 **Pristiq**
desvenlafaxine
EXTENDED-RELEASE TABLETS

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Visit Pristiq.com or call 1-800-PRISTIQ (1-800-774-7847)

IMPORTANT FACTS ABOUT



Pristiq®
desvenlafaxine
EXTENDED-RELEASE TABLETS

(pris•teek*)
Pristiq® -
(desvenlafaxine)
Extended-Release
Tablets

Read the Medication Guide that comes with you or your family member's antidepressant medicine. Talk to your, or your family member's, healthcare provider about:

- all risks and benefits of treatment with antidepressant medicines
- all treatment choices for depression or other serious mental illness

What is the most important information I should know about antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions?

1. Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment.
2. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions. These include people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.
3. How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?

- Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
- Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.
- Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

Call a healthcare provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying
- attempts to commit suicide
- new or worse depression
- new or worse anxiety
- feeling very agitated or restless
- panic attacks
- trouble sleeping (insomnia)
- new or worse irritability
- acting aggressive, being angry or violent
- acting on dangerous impulses
- an extreme increase in activity and talking (mania)
- other unusual changes in behavior or mood

What else do I need to know about antidepressant medicines?

- **Never stop an antidepressant medicine without first talking to a healthcare provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.
- **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.
- **Antidepressant medicines have other side effects.** Talk to the healthcare provider about the side effects of the medicine prescribed for you or your family member.
- **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member takes. Keep a list of all medicines to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.
- **Not all antidepressant medicines prescribed for children are FDA approved for use in children.** Talk to your child's healthcare provider for more information.

This Medication Guide has been approved by the U.S. Food and Drug Administration for all antidepressants.

Important Information about Pristiq

Read the patient information that comes with Pristiq before you take Pristiq and each time you refill your prescription. There may be new information. If you have questions, ask your healthcare provider. This information does not take the place of talking with your healthcare provider about your medical condition or treatment.

What is Pristiq?

- Pristiq is a prescription medicine used to treat depression. Pristiq belongs to a class of medicines known as SNRIs (or serotonin-norepinephrine reuptake inhibitors).
- Pristiq is not approved for use in children and adolescents.

Who should not take Pristiq?

Do not take Pristiq if you:

- are allergic to desvenlafaxine, venlafaxine or any of the ingredients in Pristiq.
- currently take, or have taken within the last 14 days, any medicine known as an MAOI. Taking an MAOI with certain other medicines, including Pristiq, can cause serious or even life-threatening side effects. Also, you must wait at least 7 days after you stop taking Pristiq before you take any MAOI.

What should I tell my healthcare provider before taking Pristiq?

Tell your healthcare provider about all your medical conditions, including if you:

- have high blood pressure
- have heart problems
- have high cholesterol or high triglycerides
- have a history of stroke
- have glaucoma
- have kidney problems
- have liver problems
- have or had bleeding problems
- have or had seizures or convulsions
- have mania or bipolar disorder
- have low sodium levels in your blood
- are pregnant or plan to become pregnant. It is not known if Pristiq will harm your unborn baby.
- are breastfeeding. Pristiq can pass into your breast milk and may harm your baby. Talk with your healthcare provider about the best way to feed your baby if you take Pristiq.

• Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions
Rare, but potentially life-threatening, conditions called serotonin syndrome or Neuroleptic Malignant Syndrome (NMS)-like reactions can happen when medicines such as Pristiq are taken with certain other medicines. Serotonin syndrome or NMS-like reactions can cause serious changes in how your brain, muscles and digestive system work.

Especially tell your healthcare provider if you take the following:

- medicines to treat migraine headaches known as triptans
- St. John's Wort
- MAOIs (including linezolid, an antibiotic)
- tryptophan supplements
- sibutramine
- tramadol
- medicines used to treat mood disorders, including tricyclics, lithium, selective serotonin reuptake inhibitors (SSRIs), or serotonin norepinephrine reuptake inhibitors (SNRIs)

Ask your healthcare provider if you are not sure whether you are taking any of these medicines.

Before you take Pristiq with any of these medicines, talk to your healthcare provider about serotonin syndrome. See "What are the possible side effects of Pristiq?"

Pristiq contains the medicine desvenlafaxine. Do not take Pristiq with other medicines containing venlafaxine or desvenlafaxine.

Switching from other antidepressants

Side effects from discontinuing antidepressant medication have occurred when patients switched from other antidepressants, including venlafaxine, to Pristiq. Your doctor may gradually reduce the dose of your initial antidepressant medication to help reduce these side effects.

What should I avoid while taking Pristiq?

- Do not drive a car or operate machinery until you know how Pristiq affects you.
- Avoid drinking alcohol while taking Pristiq.

What are the possible side effects of Pristiq?

Pristiq can cause serious side effects, including:

- See the beginning of this page.
- Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions. See "What should I tell my healthcare provider before taking Pristiq?"

Get medical help right away if you think that you have these syndromes. Signs and symptoms of these syndromes may include one or more of the following:

- restlessness
- hallucinations (seeing and hearing things that are not real)
- coma
- nausea
- vomiting
- confusion
- increase in blood pressure
- diarrhea
- loss of coordination
- fast heart beat
- increased body temperature
- muscle stiffness

Pristiq may also cause other serious side effects including:

- **New or worsened high blood pressure (hypertension).** Your healthcare provider should monitor your blood pressure before and while you are taking Pristiq. If you have high blood pressure, it should be controlled before you start taking Pristiq.
- **Abnormal bleeding or bruising.** Pristiq and other SNRIs/SSRIs may cause you to have an increased chance of bleeding. Taking aspirin, NSAIDs (non-steroidal anti-inflammatory drugs), or blood thinners may add to this risk. Tell your healthcare provider right away about any unusual bleeding or bruising.
- **Glaucoma (increased eye pressure)**
- **Increased cholesterol and triglyceride levels in your blood**
- **Symptoms when stopping Pristiq (discontinuation symptoms).** Side effects may occur when stopping Pristiq (discontinuation symptoms), especially when therapy is stopped suddenly. Your healthcare provider may want to decrease your dose slowly to help avoid side effects.

Some of these side effects may include:

- dizziness
- nausea
- anxiety
- irritability
- sleeping problems (insomnia)
- sweating
- abnormal dreams
- tiredness
- diarrhea
- headache

Seizures (convulsions)

- **Low sodium levels in your blood.** Symptoms of this may include headache, difficulty concentrating, memory changes, confusion, weakness, and unsteadiness on your feet. In severe or more sudden cases, symptoms can include hallucinations (seeing or hearing things that are not real), fainting, seizures and coma. If not treated, severe low sodium levels could be fatal. Contact your healthcare provider if you think you have any of these side effects.

Common side effects with Pristiq include:

- nausea
- headache
- dry mouth
- sleepiness
- dilated pupils
- insomnia
- constipation
- loss of appetite
- tremor
- diarrhea
- vomiting
- anxiety
- dizziness
- decreased sex drive
- delayed orgasm and ejaculation
- sweating
- tiredness

These are not all the possible side effects of Pristiq. Tell your healthcare provider about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. For more information on these and other side effects associated with Pristiq, talk to your healthcare provider, visit our web site at www.pristiq.com or call our toll-free number 1-888-Pristiq.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Contact Information

Please visit our web site at www.pristiq.com, or call our toll-free number 1-888-Pristiq to receive more information. This product's label may have been updated. For current package insert and further product information, please visit www.pfizer.com or call our medical communications department toll-free at 1-800-934-5556.

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Vets agree, a healthy checkup starts inside.

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I am more than just a cat

I am an Iams cat



The happy housing crunch

In this funky economy, more families are saying yes to surprising living arrangements. The biggest surprise: They're loving it. By Julia Litton

Moving in with your in-laws used to be the fodder of corny jokes. But it's no longer laughable—it's desirable. These days, a growing number of families are cheerfully sharing homes with relatives, friends, and sometimes virtual strangers as they outsmart the recession. Although no stats exist on all alterna-living arrangements, the number of multigenerational households alone grew by 2.6 million between 2007 and 2008, to 49 million. "Historically, men would go out and work and the wife would move in with his family," says Georgia Witkin, Ph.D., professor of psychiatry at Mount Sinai Medical Center in New York City. "After World War II, the emphasis shifted to the single-family unit. But now, people are rethinking things. The woman who two years ago would never have wanted to live next door to a relative is finding that it makes her life much easier. The lesson is one we knew but had forgotten over the years: People, especially during times of financial uncertainty, do better in groups." For proof, take a tour of these four thriving households.



LIVING WITH (ALL) THE IN-LAWS



Four of the six (!) adults in the house.

Imagine that you, your husband, and child share a home with your mother-in-law, who speaks mostly Urdu. Your husband's youngest brother also lives there, along with his wife. Oh, and your father-in-law will be moving in soon. Okay, now you have a sense of what life is like for Bethany Hunter Rasheed, 28.

Bethany's Pakistani-born husband of seven years, Zee-shan, a computer scientist, sees nothing unusual about the arrangement; sharing a home with extended family is an ingrained part of his culture. But for Bethany, a Southern-bred law graduate, adjusting to rooming with her extended family in a four-bedroom house in Herndon, VA, has taken time. "My own family teases me that we no longer have guest rooms for them!" she says. "I have to bridge the gap daily, but family life is much more interesting than I ever thought it could be."

One of the best things about having family right there is... "All the help at home gives us time for hobbies like woodworking, a passion of Zeeshan's, and photography, which I love—things we'd otherwise never get to. And there's always someone around to wait for the cable guy! Most of all, it's incredibly enriching for our 3-year-old son. My mother-in-law sits with him and holds his hand in hers while she painstakingly traces the 38 letters of the Urdu alphabet. She tells him stories, fables, and poetry. She cooks things he wouldn't usually eat and he actually enjoys even the spiciest of food and the weirdest of vegetables. She's even turned me into an accomplished Pakistani cook."

Savings are built in because... "My sister-in-law, Fouzia, and her husband, Zeesham, pay their fair share of the food and household bills. This summer, we pulled



So jiggly. So giggly. So fun!

hellojell-



[Facebook.com/jello](https://www.facebook.com/jello)

our son out of day care and Fouzia watched him; we saved thousands. We treat my parents-in-law as guests; they contribute in other ways. My mother-in-law would be content to cook and clean for us all day. I'm not complaining!"

I know this sounds like something out of a TV sitcom but... "After our wedding, my in-laws stayed with us for 52 days. My husband lived in a tiny one-bedroom apartment, and we all moved in. My in-laws got the bedroom, and Zeeshan and I got an air mattress on the living room floor. That first night, they retired to the bedroom but didn't close the door. I was like, 'Come on, we're newlyweds!' My husband quickly learned to escort them to their room—and close the door."

It still gets a little awkward when... "Try fighting with your spouse about why he was such a jerk about bringing you an extra set of car keys after you locked yourself out of the car somewhere—while your mother-in-law is sitting on the sofa."

People would be totally jealous if they knew that... "My husband and I recently left our son with the family and took an impromptu three-day vacation. And we even got a free ride to the airport!"

A WHOLE OTHER KIND OF BLENDED FAMILY



After her divorce six years ago, San Francisco mom Beth Mitcham found single parenthood to be lonely work. She adored her boys—Alexander and Paulos, then 6 and 4—but, "sometimes, when the kids had been playing me like a piano all day, I would feel like I needed to walk away," says Beth, 42 (above, front row, with her brown-haired boys). "There was no one to care for them

except me. Also, San Francisco is an extremely expensive city, especially when you're just one parent."

Meanwhile, 700 miles away in Renton, WA, her sister, Susan Mitcham, 41, a billing manager, and brother-in-law, Andy Sparks, 42, a planner for an aerospace company, were working busy jobs with two young kids, Amanda, 4, and Nicky, 2. "We'd always joked about combining forces," says Beth. "When our family would visit Susan's and she would take her kids out of day care, we'd laugh about how awesome it would be if I lived closer and could look after them all the time." Says

CURRENT RESIDENT OR

Ms. and Mr. Rasheed
Mr. and Ms. Rasheed
Mr. Rahman
MS. Shahnaz Ehsan
Herndon, Virginia 20172

FROM LEFT: COURTESY OF SUBJECTS, ISTOCKPHOTO.COM.

PRINCESS THINKS HER STUFF DOESN'T STINK.





Susan, "Then the lot across the street from us went on the market, and we realized there was no reason she *couldn't*."

Beth bought the lot, had a house built, and instantly became an at-home mom to four.

School days start at 6:30 a.m., when Beth dashes across the street in her pajamas ("I don't care who sees me!"), wakes her niece and nephew, brings them back to her home, feeds all the kids, and drives them to school. She also picks them up afterward, juggles afternoon activities, runs errands for both households, and makes dinner for all at her sister's place. "The only thing I don't do is clean!" Beth says. "When one house gets too messy, I head over to the other one. It drives Andy crazy, but I hope the happy kids make up for the glitter glue."

Things are relatively calm because...

"Instead of having a harried single mom and two harried full-time workers, we can easily handle glitches," Beth explains. "Have to work late? No problem, I'm here anyway. Kid gets a fever at school? No problem, I can go get her. Spent the day arguing with my 10-year-old and need a break? No problem—I can send him across the street."

The tricky part is... "For me, it can be hard balancing how much mothering Beth does," says Susan. "Like when she's picked up Amanda from school because she's sick, I've wondered, *Do I need to leave work and give my daughter TLC, or is it okay for Beth to do it?*" For Beth, keeping track of stuff for four kids and three adults can be a challenge: "A calendar in the pantry doesn't really work when you have two pantries." Andy's biggest gripe? "I'm out-sistered!" he says, laughing. "Beth and Susan sometimes make plans without me. They once made arrangements

for all the kids and Beth to visit cousins for winter break. Nobody asked me until tickets were bought!"

Financially, this is a no-brainer because...

"Andy and Susan stopped paying \$20,000 a year for child care as soon as I arrived," Beth says. "I do fine with the stipend they pay me: I can live off it, plus some investment income I have, without touching my savings."

It's also a major bonus that... "My boys are growing up seeing my sister and her husband together," Beth says. "One thing I worried about when my husband and I split was that my kids would have no memory of an 'intact' family. I like that the kids have a close-up view of a working, happy marriage. Also, it was too easy to obsess when I only had two kids to focus on. Four kids are about right for me to achieve my goal of benign neglect!"

Awww... "More than ever, we're best friends," Susan says. "Our whole lives, my sister and I have felt like a team," adds

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Beth. "We were born within a year of each other. We had our kids around the same time. It makes sense for us to do this. We pretty much have a single household—it just has a street running through it."

A MODERN-DAY COMMUNE FAMILY



They're no hippies!

When Jason and Devora Kimelman-Block were over renting apartments and ready to set down roots, they had one goal in mind. "My Dad grew up in a tightly knit neighborhood in Brooklyn, NY," says Jason, 38, a rabbi who oversees programming for a youth organization. "Everyone there looked out for one another, and we wanted that for our own family."

While they were finishing grad school and living in New York, a friend told them about Eastern Village Co-housing in Silver Spring, MD. After learning more about it, including its eco-conscious design and the group activities (any given week might include game night, craft night, yoga class, and a cooking-club dinner), Jason and Devora were sold.

The couple have been living there since 2004 with their four children: Esther, 11, Natan, 8, Simone, 6, and Micah, 7 months. They own their unit, one of 56, and share a 6,000-square-foot common area with a gigantic kitchen and dining room where the community typically gathers two times a week for meals they prepare together. Then there's the communal playroom, library, exercise room, laundry room, and three reservable guest bedrooms. "Is it a commune? No!" Jason says. "Is it similar to a commune in some ways? Yes."

It's so nice for the kids that... "They spend time with other children of all ages and even have close relationships

with some adults," says Devora, 39, who runs a meat company. "My oldest daughter doesn't want to hang around with her mom all the time, but she needs that adult female companionship. She's good friends with the woman who lives upstairs. Sometimes if she's had a hard day, she'll run upstairs at bedtime for a visit. She comes back down 20 minutes later feeling better."

We've saved big bucks because... "The communal spaces make it possible for us to live in a smaller apartment," Jason notes. "Our children can play in the kids' room and do their homework in the study nook. We're not confined to four walls." Generosity abounds: "We have these two big closets in the common space—the sharing closet and the giving closet," says Devora. "The sharing one has things like coolers, folding chairs, portable cribs...items

people only use a few times a year and borrow from each other. The other closet is for things people are giving away; it's amazing how few clothes I've had to buy for the children since we've lived here. We bought literally *no* equipment for our new baby."

Talk about house parties! "During the 'Snowmaggedon' blizzard in February last year," Jason says, "everyone else in the city

was talking about how bored and isolated they were. We had a blast!"

Life can get tense when... "Members fail to contribute equally in terms of labor and involvement," says Jason. "There aren't specific labor commitments, so there are no penalties—we operate on the trust system. Keeping our space clean is an ongoing issue. Some are fine taking turns cleaning the common areas, others want to pay someone to do it. And everyone has different standards of cleanliness!"

The question people always ask us is... "Are you good friends with everyone in Eastern Village?," says Devora. "You laugh and say, 'No, of course not!' But you definitely have people you're very close to and see all the time—even more

"Try fighting with your spouse while your mother-in-law is sitting on the sofa!"

so than you'd see other friends because you have so many shared spaces."

TWO SINGLE PARENTS, ONE COOL HOUSE

Moving in with a guy is never an easy decision—but for Brooke Billings, 30, it took all of three hours to commit. An operations assistant in Forest Grove, OR,



The roomies with their kids.

she'd been out of work for seven months when she landed a new job in Portland. On her hunt for a place to live with her 10-year-old, Christian, she found a beautifully restored, 100-year-old Craftsman-style home in a great neighborhood. But she couldn't afford it.

Meanwhile Brooke's friend, John Villarreal, 37, a divorcee with shared custody of his 7-year-old, Natassja, was living with

his parents. The two met for drinks and talked about their housing woes. By the end of the evening, they'd made plans to check out the house together. Three weeks later they moved in. Says Brooke, "I feel like a poster child for what people can do if they're willing to think outside the box."

They're living large because... "We split all our bills equally, which is awesome," Brooke says. "What I now pay in rent and expenses wouldn't even get me a crappy studio apartment in a decent part of town if I lived alone."

It's great to have the company when... "... I've had a rough day. I'll text John and say, 'It's a wine kind of a night,' and he'll join me when he gets home," says Brooke. "We have a glass together and talk about work or an argument we had with our exes. If I get steamed about an issue with my son's stepmother, I can ask if he's had that issue with his daughter's stepfather. We're also each other's romantic advisors.

When I started dating my boyfriend, John was the first person to meet him, and it was great to have a man's honest opinion. I'm glad he approved!"

It can get kind of tough when... "... one of our kids wants a particular program or video game," explains John. "Of course I tell my daughter to take turns, but in my mind I just want to change the channel since my instinct is to make my daughter happy. There have been a few head-butting moments."

Just like an old married couple! "Sharing one bathroom in the morning is a pain," Brooke says. "We have a shower schedule, but it can be hard to stick to." Adds John, "I thought living together would be a breeze, but now I know this relationship needs to be cultivated just as much as a romantic one. We work to make it work. The only difference between us and a married couple? After the kids are settled in, we retire to our own bedrooms." **R**



In 2010, the Energizer Family of Brands will donate \$400,000 to Susan G. Komen for the Cure® in support of the fight against breast cancer! Learn more at energizer.com/komen

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Tackle your junk drawer!

That bottomless pit you throw everything into? Don't obsess—just take 10 minutes to semi-organize it.



JUNK DRAWER CONFESSIONS

Staffers reveal what they found within:

- "A cell phone the size of a shoe."
- "Tampons. Still wrapped, thank God."
- "Lots of money!"
- "Business cards of people I can't remember meeting."
- "A lifetime supply of condiment minis!"*

*These packets don't have expiration dates on them. Be safe and toss them!



Dump the contents on the floor and wipe the drawer down. Toss the garbage (like the gum from God knows when). Then move the obvious runaways back home—eyelash curler, report to the makeup bag! Keep only the things you need in a pinch that don't have a dedicated storage place.

Give your junk boundaries. We love the acrylic organizer above (\$20, containerstore.com). It's clear, and each comes with six pieces in different sizes so you can add or subtract as your junk ebbs and flows.

Play Jeopardy! Group items as possible categories: "I'll take 'Things you can write with,' Alex." So pens, pencils, and crayons can cohabitate. Another could be "Mini-tools I use a lot." The rest go in a toolbox.

Eyeball it every three months. Do a seasonal re-org. It'll become a habit, like switching out your winter wardrobe for spring clothes.

When in doubt... Place the junk you're not sure you want to keep in a shoebox and store it in a cupboard. If a month passes and you haven't touched it, chuck it.



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Get an actual human, then get on with your life!

HOT GUY WITH A HANDY TIP

Enrique Iglesias

He's sold 50 million albums. His current single, "I Like It" from *Euphoria*, tops the Latin and American charts. Yet Spanish pop star Enrique Iglesias still looks for ways to save money—and the planet. We should *all* do this one: "Leaving your cell phone, iPod, BlackBerry, laptop, and all of your other gadgets plugged in 24/7 drains energy—and your bank account.

I unplug all my gadgets, including the chargers, to eliminate standby electricity. It saves me 10 percent on my electric bill. I even unplug in my trailer when I'm on the road touring!"



TIME SHAVERS

Fast customer service: It's possible!

☎ Know when to call: Tuesdays through Thursdays after lunch are often the times with the slowest phone traffic, says John Breyault, vice president of public policy for the National Consumers League. Time shaved: 10 minutes

☎ Have your account information handy and any other backup you need before calling. You'll avoid hold hell while customer service looks them up. Time shaved: 3 minutes

☎ Get a human being on the line ASAP. Sites such as gethuman.com and fonolo.com give numbers for more than 1,000 companies that have people who pick up phones—no more shouting "Representative!" to the automated teller. Time shaved: 5 minutes

☎ Briefly state your problem and exactly how you'd like it fixed, Breyault says. That way, the rep will know right away if he needs to transfer you to a manager. Time shaved: 5 minutes

☎ Complain via Twitter. Search the company name to see if they have a Twitter account (many big companies do, including AT&T, Zappos.com, Starbucks, and JetBlue) and send them a tweet about your gripe. A lot of businesses now monitor Twitter for keywords and respond. Time shaved: 10 minutes

TOTAL TIME SHAVED: 33 MINUTES

THE IMPERFECTIONIST

"I'm always running late on work mornings, so I shave one leg one day—and the other the next."

LINDSAY APRILANTE, 28, HOBOKEN, NJ



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Research shows it takes **64 seconds** to recover your train of thought after interruption by email. If you check every 10 minutes, you **waste more than 4 hours a week** wondering what the heck you were just doing! Check less, leave work earlier.

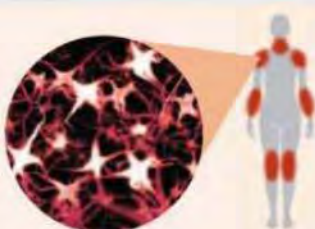


What's causing your chronic widespread MUSCLE pain?

The answer may be over-active NERVES.

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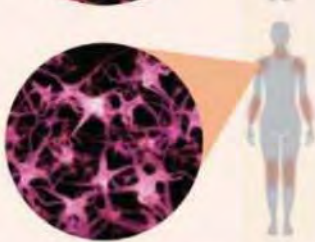
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Artist depiction

LYRICA® (pregabalin) can provide significant relief from Fibromyalgia pain.

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Prescription Lyrica is not for everyone. Tell your doctor right away about any serious allergic reaction that causes swelling of the face, mouth, lips, gums, tongue, throat or neck or any trouble breathing or that affects your skin. Lyrica may cause suicidal thoughts or actions in a very small number of people. Call your doctor right away if you have new or worsening depression, suicidal thoughts or actions, or unusual changes in mood or behavior. Lyrica may cause swelling of your hands, legs and feet. Some of the most common side effects of Lyrica are dizziness and sleepiness. Do not drive or work with machines until you know how Lyrica affects you. Other common side effects are blurry vision, weight gain, trouble concentrating, dry mouth, and feeling "high." Also, tell your doctor right away about muscle pain along with feeling sick and feverish, or any changes in your eyesight including blurry vision or any skin sores if you have diabetes. You may have a higher chance of swelling, hives or gaining weight if you are also taking certain diabetes or high blood pressure medicines. Do not drink alcohol while taking Lyrica. You may have more dizziness and sleepiness if you take Lyrica with alcohol, narcotic pain medicines, or medicines for anxiety. If you have had a drug or alcohol problem, you may be more likely to misuse Lyrica. Tell your doctor if you are planning to father a child. Talk with your doctor before you stop taking Lyrica or any other prescription medication.

Please see Important Facts Brief Summary on adjacent page.

To learn more visit www.lyrica.com or call toll-free 1-888-5-LYRICA (1-888-559-7422).

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

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IMPORTANT FACTS

LYRICA
PREGABALIN 
capsules

(LEER-i-kah)

IMPORTANT SAFETY INFORMATION ABOUT LYRICA

LYRICA may cause serious, even life threatening, allergic reactions. Stop taking LYRICA and call your doctor right away if you have any signs of a serious allergic reaction:

- Swelling of your face, mouth, lips, gums, tongue, throat or neck
- Have any trouble breathing
- Rash, hives (raised bumps) or blisters

Like other antiepileptic drugs, LYRICA may cause suicidal thoughts or actions in a very small number of people, about 1 in 500.

Call your doctor right away if you have any symptoms, especially if they are new, worse or worry you, including:

- New or worsening depression
- Suicidal thoughts or actions
- Unusual changes in mood or behavior

Do not stop LYRICA without first talking with your doctor.

LYRICA may cause swelling of your hands, legs and feet.

This swelling can be a serious problem with people with heart problems.

LYRICA may cause dizziness or sleepiness.

Do not drive a car, work with machines, or do other dangerous things until you know how LYRICA affects you. Ask your doctor when it is okay to do these things.

ABOUT LYRICA

LYRICA is a prescription medicine used in adults 18 years and older to treat:

- Pain from damaged nerves that happens with diabetes or that follows healing of shingles
- Partial seizures when taken together with other seizure medicines
- Fibromyalgia (pain all over your body)

Who should NOT take LYRICA:

- Anyone who is allergic to anything in LYRICA

BEFORE STARTING LYRICA

Tell your doctor about all your medical conditions, including if you:

- Have had depression, mood problems or suicidal thoughts or behavior
- Have or had kidney problems or dialysis
- Have heart problems, including heart failure
- Have a bleeding problem or a low blood platelet count
- Have abused prescription medicines, street drugs or alcohol in the past
- Have ever had swelling of your face, mouth, tongue, lips, gums, neck, or throat (angioedema)
- Plan to father a child. It is not known if problems seen in animal studies can happen in humans.
- Are pregnant, plan to become pregnant or are breastfeeding. It is not known if LYRICA will harm your unborn baby. You and your doctor should decide whether you should take LYRICA or breast-feed, but not both.

Tell your doctor about all your medicines. Include over-the-counter medicines, vitamins, and herbal supplements.

LYRICA and other medicines may affect each other causing side effects. Especially tell your doctor if you take:

- Angiotensin converting enzyme (ACE) inhibitors. You may have a higher chance for swelling and hives.

BEFORE STARTING LYRICA, continued

- Avandia® (rosiglitazone)*, Avandamet® (rosiglitazone and metformin)* or Actos® (pioglitazone)** for diabetes. You may have a higher chance of weight gain or swelling of your hands or feet.
- Narcotic pain medicines (such as oxycodone), tranquilizers or medicines for anxiety (such as lorazepam). You may have a higher chance for dizziness and sleepiness.
- Any medicines that make you sleepy

POSSIBLE SIDE EFFECTS OF LYRICA

LYRICA may cause serious side effects, including:

- See "Important Safety Information About LYRICA."
- Muscle problems, pain, soreness or weakness along with feeling sick and fever
- Eyesight problems including blurry vision
- Weight gain. Weight gain may affect control of diabetes and can be serious for people with heart problems.
- Feeling "high"

If you have any of these symptoms, tell your doctor right away.

The most common side effects of LYRICA are:

- Dizziness
- Blurry vision
- Weight gain
- Sleepiness
- Trouble concentrating
- Swelling of hands and feet
- Dry mouth

If you have diabetes, you should pay extra attention to your skin while taking LYRICA and tell your doctor of any sores or skin problems.

HOW TO TAKE LYRICA

Do:

- Take LYRICA exactly as your doctor tells you. Your doctor will tell you how much to take and when to take it. Take LYRICA at the same times each day.
- Take LYRICA with or without food.

Don't:

- Drive a car or use machines if you feel dizzy or sleepy while taking LYRICA.
- Drink alcohol or use other medicines that make you sleepy while taking LYRICA.
- Change the dose or stop LYRICA suddenly. You may have headaches, nausea, diarrhea, or trouble sleeping if you stop taking LYRICA suddenly.
- Start any new medicines without first talking to your doctor.

NEED MORE INFORMATION?

- Ask your doctor or pharmacist. This is only a brief summary of important information.
- Go to www.lyrica.com or call 1-866-459-7422 (1-866-4LYRICA).

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- Rachel, Denver CO

With Rachel's family of 5, sometimes it seems as if she's surrounded by laundry. She was asked to try out the Bounce dryer bar, answer a few questions, and above is just a portion of what she said. She loved the whole idea of stick it and forget it.



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10 ways you can help keep a woman safe

October is Domestic Violence Awareness Month, and nationwide cuts have left shelters and hotlines badly underfunded. Do just one thing on this list and give a woman hope. By Lindsey Palmer



Brianna Cayo Cotter (holding the red-and-white top) and friends have raised thousands just by trading clothes.

1 Host a clothing-swap fund-raiser, where you pass a hat to raise funds for domestic violence shelters. Identify a needy shelter in your area and register your swap (or find one near you) at swapforgood.org. San Francisco pals Brianna Cayo Cotter, 29, and Orli Cotel, 31, launched Swap for Good in April with no money (friends helped design the site). Within months, the nonprofit had raised \$2,800. Now the swaps are catching on nationwide.

2 Search using goodsearch.com. Type in "National Domestic Violence Hotline," then surf the Internet as you normally would. The site's browser is powered by Yahoo; every time you search, GoodSearch will donate about a cent to NDVH. With millions of us clicking, that's big money!

3 Shop on October 17 at Macy's or on macys.com. If you buy a "Shop for a Cause" ticket, your \$5 will go to the Family Violence Prevention Fund RESPECT! campaign, and you'll save 10 to 20 percent on most purchases, plus 25 percent on one in-store item.

4 Join Liz Claiborne Inc.'s Love Is Not Abuse Coalition at loveisnotabuse.com, to help end teen dating abuse. As a member, you'll learn how to work with educators and legislators to get a dating-abuse education curriculum into schools.

5 Recycle old cell phones, laptops, and other electronics by sending them to Recycle for Domestic Violence (recyclefordomesticviolence.com), and they'll donate to the domestic violence charity of your choice.

6 Text HOTLINE to 85944 to instantly donate \$5 to the National Domestic Violence Hotline, which connects those in crisis to local shelters and resources.

7 Donate your clunker car by visiting ncadv.org/takeaction/donateacar.php and all proceeds will benefit the National Coalition Against Domestic Violence, which supports programs such as safe houses, educational initiatives, and policy development.

8 Accessorize with "Empowerment" tees and jewelry at avon.com. The proceeds will go to the Avon Foundation to end violence against women.

9 Tune in to talk radio on December 8, when hosts nationwide will talk to celebs, advocates, and survivors about how to end the cycle of abuse. It's all part of the seventh annual It's Time to Talk Day.

10 Reach out to a friend who you suspect might be in an abusive relationship. "Gently express your concern and ask questions about her situation, and listen without judgment," suggests Jane Randel, the director of the Love Is Not Abuse campaign. "If she shares evidence of abuse, emphasize that whenever she wants help, you'll be there." Encourage her to call the National Domestic Violence Hotline at 800-799-SAFE. **B**

Underfunded domestic violence agencies had to turn away 9,280 requests for help on an average day in 2009, up 4 percent from 2008.

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Susan G. Komen for the Cure® is working to change this. Last year alone we funded 500,000 breast screenings. We helped 100,000 people financially through treatment. We educated 4 million about breast cancer. We invested \$60 million in breast cancer research. And we did it in more than 50 countries around the world. Komen for the Cure is the only organization fighting breast cancer on every front: education, advocacy, research and community support. But we still have far to go to stop the ticking clock.

Don't wait another 69 seconds to save a life. We're making progress, but there's much more to do, and we need your help.

Learn how to help today. Visit komen.org.



Why you should take a mini break

Because you can find jaw-dropping deals on four-day-weekend trips for fall—and they're a lot easier to plan than long vacays. Go for it!



Travel off peak. “October and November is ‘shoulder season,’ the months between high seasons at destinations,” explains Cindy Richards, editor of travelingmom.com. That means bargain rates and fewer people. Plenty of ski resorts are open now and offer packages featuring horseback riding and hiking, while beach resorts in South Carolina, Georgia, and Florida have stays at half off high-season rates. Visit smartertravel.com, orbitz.com, and travelzoo.com and search “shoulder season” for deals.

Send yourself to family camp. Imagine hiking, campfire-building, and s'mores-eating without the mosquitoes, moldy bunks, or bug juice. That's the idea behind summer camps that run through fall and are typically held in lodges, with heating and good food. To find one, go to acacamps.org and click on “Find a Camp,” or Google “fall family camps” and your state.

Or just rent a place. “When it's off-season, lakeside cabins and beach houses are more likely to rent by the night, rather than exclusively by the week, at a good price,” says Shannon Lane, creator of TravelingMamas.com. Packlate.com specializes in cabins and beach homes nationwide. And consider renting with friends, adds Lane: “That way, you can share child care so each couple has one night off and no one has to pay for a babysitter.”

Hit the water. Plenty of cruise lines—including Carnival, Holland America, Celebrity, and Disney—offer quickie getaways. Bonus: In the fall, a four-day trip can often cost the same as a three-day one. And “a lot of lines have built-in kid programs, so you have the option of grown-up R&R,” Richards says. Browse cruisecritic.com/bargains/lastminute.cfm or cruises.jetblue.com. —ANNA DAVIES

The new “mystery” travel deals

If you're flexible about plans, you can get a serious bargain by booking through “opaque” travel services. Although they don't disclose all the info until you pay, you're guaranteed a big break.

With **Travelocity.com's** “Top Secret Hotels” feature, you'll know the city, price (up to a 45-percent discount) and star rating of the hotel you're booking, but you won't know the name until you give your credit card.

Really up for anything? Visit **familygetaway.com**. The site is modeled like eBay, with people bidding on stays. Some locations are secret, meaning you might not even find out where you're going until you pay.

At **1-800-Hotels-8**, you can play rate roulette: Just scout hotels online, call, and ask for the “unpublished rate,” then commit with a card. At that point you'll get a price, 10 to 25 percent below the lowest one offered anywhere else.

Happy trails! Research suggests much of a vacation's bliss comes from anticipating it, so you may get more out of a few quick trips than a single big one.

Pride and Joy.

Sporty looks and available 18-inch wheels make it perfectly adorable.



The New Sienna Minivan. **Daddy Like.**



Search Sienna on
Facebook and YouTube

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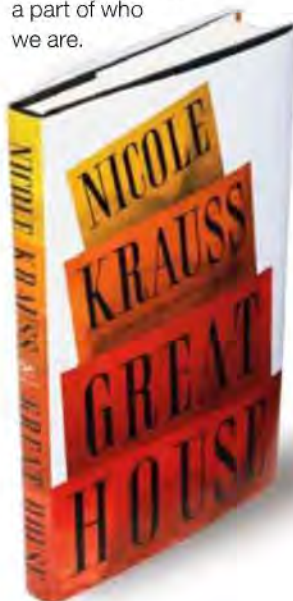
toyota.com/sienna

6 ways to just have fun this month Get caught singing at a stoplight or reading until 2 a.m. with these pop-culture picks.

READ IT!

SACRED STUFF

Can the things you love—a treasured book, the table your family gathers around—absorb a piece of your soul? In *Great House*, a moving novel by best-selling author Nicole Krauss (*The History of Love*), three people, each obsessed with a life-defining possession, discover that, yes, what we own can become a part of who we are.



KNOW ALL ABOUT IT!

On-set scoop from Amy Ryan



In the new movie *Jack Goes Boating*, Ryan (who's back on *The Office* this fall as Steve Carell's ex-girlfriend) is a 30-something single seeking love. She adored working with director and costar Philip Seymour Hoffman but kept a big secret from him on the shoot. Here's how her cover got blown:

"When we began filming, I was pregnant but wanted to keep it to myself until I got through my first trimester. My costumes were getting tighter by the week, but I *still* didn't say anything—until one day I had to wear this party dress [see above]. I put it on and immediately ran to the costume designer, who is also Philip's girlfriend, in a panic, panting, 'You have to let it out. But please don't tell Phil. Oh! I can't ask you not to tell your boyfriend. But don't tell anyone else.' Yep, she was the first person besides my fiancé to know."



NETFLIX IT!

A GORGEOUS DOUBLE FEATURE

Put *Moulin Rouge* and *Romeo + Juliet* in your queue, even if you've already seen them: On hi-def Blu-ray (out this month), they're spec-freakin'-tacular. Grab the girls, pop the corn, and commandeer the good TV.

DOWNLOAD IT!

SWIFT REPLIES

Taylor Swift gets a few things off her chest on her third studio album: "These songs are made up of words I didn't say when the moment was right," she's explained. That's why it's called *Speak Now*, but "sing everywhere" works too, since that's what you'll do at your desk, in your car, on the treadmill....

CLICK IT!

CONVERSATION STARTER

Are you Team Vampire or Team Werewolf? *Star Trek* or *Star Wars*? A talker or a listener? The website formspring.me is part social network, part plain-old "Would you rather...?" game. Link it to your Facebook or Twitter pages and let the oversharing begin.



Crystal Light is
making a splash.



WATER YOUR BODY

Want a delicious way to get
more water into your day?
Try New Pure Fitness Crystal Light.

No artificial sweeteners

No artificial flavors

No preservatives

Low calorie

Plus electrolytes

IMPORTANT SAFETY INFORMATION

BOTOX® Cosmetic may cause serious side effects that can be life threatening. Call your doctor or get medical help right away if you have any of these problems any time (hours to weeks) after injection of BOTOX® Cosmetic:

- **Problems swallowing, speaking, or breathing,** due to weakening of associated muscles, can be severe and result in loss of life. You are at the highest risk if these problems are pre-existing before injection. Swallowing problems may last for several months.
- **Spread of toxin effects.** The effect of botulinum toxin may affect areas away from the injection site and cause serious symptoms including: loss of strength and all-over muscle weakness, double vision, blurred vision and drooping eyelids, hoarseness or change or loss of voice (dysphonia), trouble saying words clearly (dysarthria), loss of bladder control, trouble breathing, trouble swallowing.

There has not been a confirmed serious case of spread of toxin effect when BOTOX® Cosmetic has been used at the recommended dose to treat frown lines.

The dose of BOTOX® Cosmetic is not the same as, or comparable to, another botulinum toxin product.

Serious and or immediate allergic reactions have been reported. These reactions include itchy rash, swelling, and shortness of breath. Tell your doctor or get medical help right away if you experience any such symptoms, further injection of BOTOX® Cosmetic should be discontinued.

Do not take BOTOX® Cosmetic if you: are allergic to any of the ingredients in BOTOX® Cosmetic (see Medication Guide for ingredients); had an allergic reaction to any other botulinum toxin product such as Myobloc® or Dysport®; have a skin infection at the planned injection site.

Tell your doctor about all your muscle or nerve conditions such as amyotrophic lateral sclerosis [ALS or Lou Gehrig's disease], myasthenia gravis or Lambert-Eaton syndrome as you may be at increased risk of serious side effects including severe dysphagia (difficulty swallowing) and respiratory compromise (difficulty breathing) from typical doses of BOTOX® Cosmetic.

Tell your doctor about all your medical conditions, including if you have: plans to have surgery; had surgery on your face; weakness of forehead muscles, such as trouble raising your eyebrows; drooping eyelids; any other abnormal facial change; are pregnant or plan to become pregnant (It is not known if BOTOX® Cosmetic can harm your unborn baby); are breast-feeding or plan to breast-feed (It is not known if BOTOX® Cosmetic passes into breast milk).

Tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal products.

BOTOX® Cosmetic may cause loss of strength or general muscle weakness, or vision problems. **If this happens, do not drive a car, operate machinery, or do other dangerous activities.**

Other side effects of BOTOX® Cosmetic include: dry mouth, discomfort or pain at the injection site, tiredness, headache, neck pain, and eye problems: double vision, blurred vision, decreased eyesight, drooping eyelids, swelling of your eyelids, and dry eyes. For more information refer to the Medication Guide or talk with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please refer to full Medication Guide on the following page.

"Once You Get It, You Really Get It."

Why millions of women have experienced **BOTOX® Cosmetic.**

Proven year after year...with real, noticeable results. **BOTOX® Cosmetic** is a prescription medicine that is injected into muscles to temporarily treat moderate to severe frown lines between the brows of adults ages 18 to 65. Ask your doctor if **BOTOX® Cosmetic** is right for you. There's only one **BOTOX® Cosmetic.**

Results may vary. 8 out of 10 women achieved clinically significant results at day 30 in clinical trials.

 **BOTOX®**
—Cosmetic
onabotulinumtoxinA

There's only one BOTOX® Cosmetic

By prescription only. 1-800-BOTOX-MD

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Myobloc is a registered trademark of Solstice Neurosciences, Inc.



BotoxCosmetic.com

Find a doctor and sign up for
exclusive invitations, special offers,
and great savings on treatments.

MEDICATION GUIDE BOTOX® and BOTOX® Cosmetic (Boe-tox) (onabotulinumtoxinA) for Injection

Read the Medication Guide that comes with BOTOX® or BOTOX® Cosmetic before you start using it and each time it is given to you. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. You should share this information with your family members and caregivers.

What is the most important information I should know about BOTOX® and BOTOX® Cosmetic?

BOTOX® and BOTOX® Cosmetic may cause serious side effects that can be life threatening. Call your doctor or get medical help right away if you have any of these problems after treatment with BOTOX® or BOTOX® Cosmetic:

• **Problems swallowing, speaking, or breathing.** These problems can happen hours to weeks after an injection of BOTOX® or BOTOX® Cosmetic usually because the muscles that you use to breathe and swallow can become weak after the injection. Death can happen as a complication if you have severe problems with swallowing or breathing after treatment with BOTOX® or BOTOX® Cosmetic.

• People with certain breathing problems may need to use muscles in their neck to help them breathe. These patients may be at greater risk for serious breathing problems with BOTOX® or BOTOX® Cosmetic.

• Swallowing problems may last for several months. People who cannot swallow well may need a feeding tube to receive food and water. If swallowing problems are severe, food or liquids may go into your lungs. People who already have swallowing or breathing problems before receiving BOTOX® or BOTOX® Cosmetic have the highest risk of getting these problems.

• **Spread of toxin effects.** In some cases, the effect of botulinum toxin may affect areas of the body away from the injection site and cause symptoms of a serious condition called botulism. The symptoms of botulism include:

- loss of strength and muscle weakness all over the body
- double vision
- blurred vision and drooping eyelids
- hoarseness or change or loss of voice (dysphonia)
- trouble saying words clearly (dysarthria)
- loss of bladder control
- trouble breathing
- trouble swallowing

These symptoms can happen hours to weeks after you receive an injection of BOTOX® or BOTOX® Cosmetic.

These problems could make it unsafe for you to drive a car or do other dangerous activities. See "What should I avoid while receiving BOTOX® or BOTOX® Cosmetic?"

There has not been a confirmed serious case of spread of toxin effect away from the injection site when BOTOX® has been used at the recommended dose to treat severe underarm sweating, blepharospasm, or strabismus, or when BOTOX® Cosmetic has been used at the recommended dose to treat frown lines.

What are BOTOX® and BOTOX® Cosmetic?

BOTOX® is a prescription medicine that is injected into muscles and used:

- to treat increased muscle stiffness in elbow, wrist, and finger muscles in adults with upper limb spasticity.
- to treat the abnormal head position and neck pain that happens with cervical dystonia (CD) in adults.
- to treat certain types of eye muscle problems (strabismus) or abnormal spasm of the eyelids (blepharospasm) in people 12 years and older.

BOTOX® is also injected into the skin to treat the symptoms of severe underarm sweating (severe primary axillary hyperhidrosis) when medicines used on the skin (topical) do not work well enough.

BOTOX® Cosmetic is a prescription medicine that is injected into muscles and used to improve the look of moderate to severe frown lines between the

eyebrows (glabellar lines) in adults younger than 65 years of age for a short period of time (temporary).

It is not known whether BOTOX® is safe or effective in children younger than:

- 18 years of age for treatment of spasticity
- 16 years of age for treatment of cervical dystonia
- 18 years of age for treatment of hyperhidrosis
- 12 years of age for treatment of strabismus or blepharospasm

BOTOX® Cosmetic is not recommended for use in children younger than 18 years of age.

It is not known whether BOTOX® and BOTOX® Cosmetic are safe or effective for other types of muscle spasms or for severe sweating anywhere other than your armpits.

Who should not take BOTOX® or BOTOX® Cosmetic?

Do not take BOTOX® or BOTOX® Cosmetic if you:

- are allergic to any of the ingredients in BOTOX® or BOTOX® Cosmetic. See the end of this Medication Guide for a list of ingredients in BOTOX® and BOTOX® Cosmetic.
- had an allergic reaction to any other botulinum toxin product such as *Myobloc®* or *Dysport®*
- have a skin infection at the planned injection site

What should I tell my doctor before taking BOTOX® or BOTOX® Cosmetic?

Tell your doctor about all your medical conditions, including if you have:

- a disease that affects your muscles and nerves (such as amyotrophic lateral sclerosis [ALS or Lou Gehrig's disease], myasthenia gravis or Lambert-Eaton syndrome). See "What is the most important information I should know about BOTOX® and BOTOX® Cosmetic?"
- allergies to any botulinum toxin product
- had any side effect from any botulinum toxin product in the past
- a breathing problem, such as asthma or emphysema
- swallowing problems
- bleeding problems
- plans to have surgery
- had surgery on your face
- weakness of your forehead muscles, such as trouble raising your eyebrows
- drooping eyelids
- any other change in the way your face normally looks
- are pregnant or plan to become pregnant. It is not known if BOTOX® or BOTOX® Cosmetic can harm your unborn baby.
- are breast-feeding or plan to breast-feed. It is not known if BOTOX® or BOTOX® Cosmetic passes into breast milk.

Tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal products. Using BOTOX® or BOTOX® Cosmetic with certain other medicines may cause serious side effects. **Do not start any new medicines until you have told your doctor that you have received BOTOX® or BOTOX® Cosmetic in the past.**

Especially tell your doctor if you:

- have received any other botulinum toxin product in the last four months
- have received injections of botulinum toxin, such as *Myobloc®* (rimabotulinumtoxinB) or *Dysport®* (abobotulinumtoxinA) in the past. Be sure your doctor knows exactly which product you received.
- have recently received an antibiotic by injection
- take muscle relaxants
- take an allergy or cold medicine
- take a sleep medicine

Ask your doctor if you are not sure if your medicine is one that is listed above.

Know the medicines you take. Keep a list of your medicines with you to show your doctor and pharmacist each time you get a new medicine.

How should I take BOTOX® or BOTOX® Cosmetic?

- **BOTOX® or BOTOX® Cosmetic** is an injection that your doctor will give you.
- **BOTOX®** is injected into your affected muscles or skin.
- **BOTOX® Cosmetic** is injected into your affected muscles.
- Your doctor may change your dose of BOTOX® or BOTOX® Cosmetic, until you and your doctor find the best dose for you.

What should I avoid while taking BOTOX® or BOTOX® Cosmetic?

BOTOX® and BOTOX® Cosmetic may cause loss of strength or general muscle weakness, or vision problems within hours to weeks of taking BOTOX® or BOTOX® Cosmetic. **If this happens, do not drive a car, operate machinery, or do other dangerous activities.** See "What is the most important information I should know about BOTOX® and BOTOX® Cosmetic?"

What are the possible side effects of BOTOX® and BOTOX® Cosmetic?

BOTOX® and BOTOX® Cosmetic can cause serious side effects. See "What is the most important information I should know about BOTOX® and BOTOX® Cosmetic?"

Other side effects of BOTOX® and BOTOX® Cosmetic include:

- dry mouth
- discomfort or pain at the injection site
- tiredness
- headache
- neck pain
- eye problems: double vision, blurred vision, decreased eyesight, drooping eyelids, swelling of your eyelids, and dry eyes.
- allergic reactions. Symptoms of an allergic reaction to BOTOX® or BOTOX® Cosmetic may include: itching, rash, red itchy welts, wheezing, asthma symptoms, or dizziness or feeling faint. Tell your doctor or get medical help right away if you are wheezing or have asthma symptoms, or if you become dizzy or faint.

Tell your doctor if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of BOTOX® and BOTOX® Cosmetic. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about BOTOX® and BOTOX® Cosmetic:

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide.

This Medication Guide summarizes the most important information about BOTOX® and BOTOX® Cosmetic. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about BOTOX® and BOTOX® Cosmetic that is written for healthcare professionals. For more information about BOTOX® and BOTOX® Cosmetic call Allergan at 1-800-433-8871 or go to www.botox.com.

What are the ingredients in BOTOX® and BOTOX® Cosmetic?

Active ingredient: botulinum toxin type A
Inactive ingredients: human albumin and sodium chloride

Issued: 03/2010

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Bends with you. Twists with you. Rolls with you. Always Infinity does. With its amazingly absorbent, unbelievably flexible core, it adapts more, absorbs more and bounces back more than those other pads*. Just like magic. Have a happy period.

*Versus the leading and the next leading regular Ultra. ©2010 P&G





**New Suave Naturals lotions
smell just as amazing as
Bath & Body Works*
at a much softer price.**

For long-lasting nose bliss, from Mango Mandarin to Wild Cherry Blossom, wrap yourself in one of our silky new lotions. Choose your favorite and layer it with one of our matching body washes for a total scent experience.

Rethink specialty store fragrances



WHAT TO WEAR

GREAT CLOTHES FOR REAL LIFE

Let us count the **benefits** of the longer, narrower skirt

1 Finally, after seasons of up-to-there hemlines, the "Can I wear a mini?" debate is over. *Really.*

2 You'll find a perfect cut for *your* body. Want more curves? No prob. Want to look slimmer? Done.

3 You'll get your money's worth. These are easy to dress up or down and go well with everything from ballerina flats to stilettos.

4 There's no sexier skirt, period. Just think of *Mad Men*'s Joan Holloway and you'll get the idea.

TREND WITH BENEFITS:

The
pencil
skirt
(hello again!)

◀ Skirt, Milly, \$265; Girl Boy Girl Women's Clothing, Carmel, CA, 631-626-3368. Blouse, Fifteen-Twenty, \$179; meringueboutique.com. Necklace, Stella & Dot, \$128; stelladot.com. Bag, Coach, \$598; Coach stores. Pumps, Ann Taylor, \$198; anntaylor.com.

TREND WITH BENEFITS

HOW TO WEAR IT *ANYWHERE*



PARTY

Pair a gleamy skirt with glam add-ons. Skirt, Tucker for Target, \$40; target.com. Tank, Josie Natori, \$198; Saks Fifth Avenue. Necklace, Ann Taylor, \$138; anntaylor.com. Pumps, Joan & David, \$220; zappos.com.



Check out the price: \$40!

WEEKEND

Go laid-back in denim and fun layers. Skirt, Nautica Women, \$70; nautica.com. Vest, Old Navy, \$25; 800-OLD-NAVY for stores. Shirt, Uniqlo, \$20; 877-FOR-UNIQLO. Belt, Linea Pelle Collection, \$113; shopcurve.com. Sneakers, Keds, \$40; keds.com.



WORK

Use the perfect shape to femme up menswear pieces. Skirt, Rebecca Taylor, \$250; Nordstrom. Hat, Kangol, \$54; kangol.com. Shirt, WDNV, \$48; 212-395-9309 for locations. Necklace, Stella & Dot, \$198; stelladot.com. Oxfords, Attilio Giusti Leombruni, \$339; attiliogiusti.leombruni.com.



SKIRTS FOR EVERY BODY



PEAR SHAPE

Vertical lines slim hips visually by drawing eyes in and down. Skirt, Yoana Baraschi, \$228; yoanabaraschi.com.



BOY SHAPE

Tapered knee-length skirts exaggerate curves. Skirt, Teri Jon Sportswear, \$300; terijon.com.



BIG BUST

Do a bold color on bottom, a dark minimizing one on top. Skirt, Talbots, \$109; talbots.com.



TUMMY POOCH

A high waist will camouflage (and help control) a little bulge. Skirt, Grass, \$48; Macy's.



CELEB LOOKS TO TRY

1 Jennifer Lopez is all over sexy in fitted pieces. 2 Bijou Phillips goes dressy-casual in a striped tee. 3 Kerry Washington gets pretty in contrasting solids. 4 Kim Raver adds retro style with a cropped jacket. 5 Ana Ortiz classes up basic black with a draped top.

HOWEVER YOU STYLE
YOUR HAIR
**DOVE TAKES CARE
OF THE DAMAGE.**



Reinvented.
**Dove Intensive Repair shampoo
and conditioners with Fiber Active technology.**
Repair your hair from the inside and make it
more beautiful on the outside.

*Refers to the signs of damage.
**Do not attempt to use a whisk on hair.



dovehair.com

Tips from an easy-outfit genius



Designer **Liz Lange**'s effortlessly chic momiform works for school conferences *and* cocktails. Copy it!

She was one of the first designers to realize that pregnancy meant gaining weight, not losing style. Now, with a new non-maternity line of chic everyday pieces on HSN, and a blog (shopafrolic.com) where she gives supersharp style and shopping advice, Lange is gearing up to help you get dressed for the rest of your life. Her advice for turning "I have nothing to wear!" moments into no-brainers?

■ **Find a formula.** "Once I get my two children dressed, walk our dog, and make breakfast, I only have five minutes left to throw something on. Nine times out of 10, it's a sleeveless dress and a long cardigan. My go-to is this Searle dress (at right)—I don't care how many times I get photographed in it; it just works."

■ **Embrace neutral shoes.** "I often dip myself head to toe in one color. But I always have gold, nude, or black heels on my feet. They go with everything."

■ **Live in your jewelry.** "I never take off my vintage men's gold Rolex (it was my dad's), gold bracelet from the '40s, and big citrine ring. Fancy accessories make even an outfit from Forever 21 or H&M—both of which I love!—look expensive."

◀ She's never without... Urban Decay 24/7 Glide-On Eye Pencils in Black and Lucky, \$17 each; urbandecay.com. Antibacterial wipes. Valentino sunglasses, \$245; solsticesunglasses.com. A friendship bracelet her daughter made. Foldable flats, Yosi Samra, \$65; endless.com. Kimara Ahnert Mineral Tint SPF 20 Foundation in Deep, \$40, and Lip Shine SPF 15 in Latte, \$24; kimara.com. Denman Hyflex Vent brush, \$12; rickysnyc.com. And a pen—this one's from her blog, shopafrolic.com.



The dress she keeps in constant rotation: Searle, \$228; searlenyc.com. Cardigan, Completely Me by Liz Lange, \$60; hsn.com. Necklace, R.J. Graziano, \$75; 212-685-1248 for info. Pumps, Newport News, \$39; newport-news.com.



Lange throws her purse into a big tote so she can carry more. Bag, Rampage Handbags, \$78; nordstrom.com. Tote, L.L.Bean, \$31; llbean.com.



A cheapie lookalike (left) of her vintage ring (right): Fantasy Jewelry Box, \$20; fantasyjewelrybox.com.



BAG X-RAY

What Lange keeps in her "portable home"



*T*antalizing fragrance

With its unique Silky Fragrance Infusion,[™]
Caress[®] Body Wash blends triple silkening moisturizers
with exquisite fragrance. Giving you soft, scented
skin that will tantalize the senses like no other.

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Oh, the places you'll go in a little gray dress

To work? Sure. You'll reach for it many a morning.

But why not with a cute



for a night out? (Add fun



and a pile of



or one big, glitzy



for some extra oomph.) Or go daytime cool

in a million different ways:

Cinch it with a



strike a boho note with



or just lady things up with a lush



and splashy



Keep it clean (and elegant)

For dressy nights, go gray all the way with silver and gunmetal accessories.

Dress, Marc New York by Andrew Marc, \$158; andrewmarc.com. Necklace, R.J. Graziano, \$185; 212-685-1248 for info. Sandals, Nina, \$90; ninashoes.com.



Go all girly

The retro brooches, femme flowered sash, and sweet flats give your look a vintage charm.

Pearl double pin set, Jacqueline Kennedy Collection, \$109; myjewelrybox.com. Silk scarf (worn as belt), Isaac Mizrahi Live!, \$30; qvc.com. Flats, Yellow Box, \$55; zappos.com.



Faux fur jacket, WD-NY, \$98; 212-395-9309 for store info. Pumps, Talbots, \$149; talbots.com. Bangles, Emily Elizabeth Jewelry, \$100 to \$140 each; emilyelizabethjewelry.com. Flower gem cuff, Loft, \$40; loftonline.com. Belt, Betsey Johnson, \$38; overstock.com. Hoop earrings, \$12; shopthelook.net. Rhinestone button cardigan, Express, \$50; express.com. Flats, Pretty Ballerinas, \$179; prettyballerinas.us.



You put cute hats on your kids, put one on yourself!

◀ Upgrade your weekend

Give the usual Saturday suspects (flat boots, denim jacket) a break from jeans.

Fedora, San Diego Hat Co., \$45; sandiegohat.com. Scarf, Buji Baja, \$44; Wish, Boston, 617-227-4441. Jacket, Old Navy, \$30; oldnavy.com. Necklace, Carol Dauplaise, \$45; Merra-lee shops, Geneva, IL, 630-232-0500. Boots, Miz Mooz, \$185; infinityshoes.com.



▲ Take it way uptown

Channel Jackie O. in classic pieces like a gorgeous printed coat and a luxe-looking bag.

Coat, Plenty by Tracy Reese, \$350; Olive & Bette's, NYC, 212-206-0036. Necklace, Chan Luu, \$105; chanluu.com. Bracelet, Chico's, \$48; chicos.com. Satchel, Etienne Aigner, \$179; etienneaigner.com. Heels, Elaine Turner, \$225; elaineturner.com.



Be un-stuffy at work ▲

Is it just us, or do blazers sometimes feel uptight? A belted cardigan is just as sharp but also cozy.

Cardigan, Loft, \$50; loftonline.com. Scarf, Mossimo, \$13; target.com. Belt, The Limited, \$25; thelimited.com. Suede booties, Worthington by JCPenney, \$50; jcp.com. Tote, Michael Michael Kors, \$298; select Michael Kors stores.



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WHAT WOULD *Jennifer Aniston* DO?

CASUAL

Jen's perfected comfy chic in pieces that are relaxed but not baggy, with extras that have a bit of toughness.

DRESSY

Her super-flattering trick (that works for anyone!): slim sheaths plus heels that match her skin tone. She's worn this exact pair tons.

GLAM

She keeps it simple on big nights: little metallic dress, sparkly sandals, finished.

Steal Jen's style! Next time you need outfit inspiration, take her sexy-without-trying approach.



- Give low-key classics (a plaid shirt, cargos) a cool, lived-in vibe by pushing up the sleeves and rolling the cuffs.
- Add interest with a studded belt and small, personal jewelry.

Cardigan, Uniqlo, \$50; uniqlo.com for store info. Flannel tunic, J.Crew, \$78; jcrew.com. Tank, Hanes, \$8; hanes.com. Cargo pants, Old Navy, \$30; oldnavy.com. Studded belt, Linea Pelle Collection, \$180; Sienna Brown, Newport Beach, CA, 949-644-5040.



- Look for clean-cut dresses with a nipped-in, curve-enhancing waist.
- Throw on a guy-style watch for a fun dose of contrast.

Dress at left, Donna Morgan, \$158; Nordstrom. Dress below, Adrianna Papell, \$150; adriannapapell.com for store info. Watch, Armitron, \$75; amazon.com.



- Lend a simple dress black-tie cred with a dazzling pair of shoes: They're all the glitz you need.

Heels above, Tracy Reese, \$240; tracyreese.com.

CHEAPER THAN DIAMONDS! Gold heels, Nina, \$110; ninashoes.com.



For moderate to severe RA

I HAVE RHEUMATOID ARTHRITIS.



Your results may vary. In medical studies, ENBREL was shown to be effective in about 2 out of 3 adults with moderate to severe rheumatoid arthritis (RA) who used it, and has been shown to begin working in as few as 2 weeks, with most patients receiving benefit within 3 months. In an RA medical study, 55% of patients had no progression of joint damage.

Please see Important Safety Information below and Medication Guide on the back of the following page.

ENBREL is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with moderate to severe rheumatoid arthritis. ENBREL can be taken with methotrexate or used alone.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about ENBREL?

ENBREL is a medicine that affects your immune system. ENBREL can lower the ability of your immune system to fight infections. Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before you

take ENBREL and monitor you closely for TB before, during, and after ENBREL treatment, even if you have tested negative for TB.

There have been some cases of unusual cancers reported in children and teenage patients who started using tumor necrosis factor (TNF) blockers before 18 years of age. Also, for children, teenagers, and adults taking TNF blockers, including ENBREL, the chances of getting lymphoma or other cancers may increase. Patients with RA or psoriasis may be more likely to get lymphoma.

Before starting ENBREL, tell your doctor if you:

- Have any existing medical conditions
- Are taking any medicines, including herbals
- Think you have, are being treated for, have signs of, or are prone to infection. You should

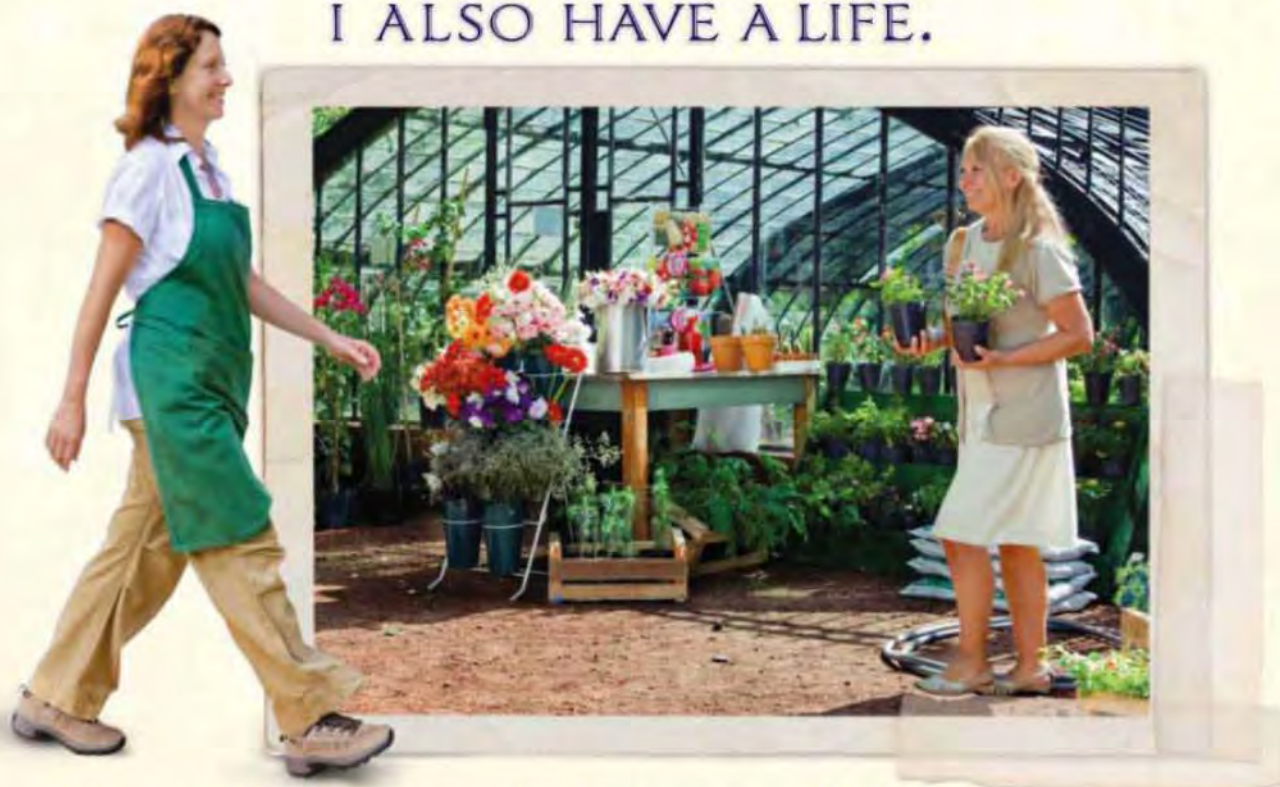
not start taking ENBREL if you have any kind of infection, unless your doctor says it is okay

- Have any open cuts or sores
- Have diabetes or an immune system problem
- Have TB or have been in close contact with someone who has had TB
- Were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure
- Live or have lived in certain parts of the country (such as, the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for certain kinds of fungal infections, such as histoplasmosis. These infections may develop or become more severe if you take ENBREL. If you don't know if histoplasmosis or other fungal infections are common in the areas where you live or have lived, ask your doctor

www.enbrel.com

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I ALSO HAVE A LIFE.



If you suffer from moderate to severe RA, it can seem as though your life has been split in two. ENBREL can help bridge the gap.

ENBREL can reduce the pain, stiffness, and fatigue that's stopping you. It can also help keep joint damage from getting worse. ENBREL is given by injection. ENBREL was the first medicine of its kind approved for moderate to severe RA and is the number-one most prescribed biologic by rheumatologists for RA.* So you can experience another side of RA, and get closer to the life you want to live.

Ask your rheumatologist about ENBREL today. To learn about RA, ENBREL, and patient support call: 1-888-4ENBREL and visit Enbrel.com.

*Based on monthly prescription data from IMS NPA for September 2009 and a 6-month interval of NDTI data for projected drug uses as of August 2009 for biologic agents approved for moderate to severe RA.

- Have or have had hepatitis B
- Have heart failure
- Develop symptoms such as persistent fever, bruising, bleeding, or paleness while taking ENBREL
- Use the medicine Kineret® (anakinra), Orencia® (abatacept), or Cytoxan® (cyclophosphamide)
- Are taking anti-diabetic medicines
- Have or develop a serious nervous disorder, seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis or Guillain-Barré syndrome
- Are scheduled to have surgery
- Have recently received or are scheduled for any vaccines. All vaccines should be brought up-to-date before starting ENBREL. Patients taking ENBREL should not receive live vaccines.
- Are allergic to rubber or latex
- Are pregnant, planning to become pregnant,

or breastfeeding

- Have been around someone with chicken pox

What are the possible side effects of ENBREL?

ENBREL can cause serious side effects including: **Infections**, including serious infections like TB; **hepatitis B** can become active if you already have had it; **nervous system problems**, such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes; **blood problems** (some fatal); new or worsening **heart failure**; new or worsening **psoriasis**; **allergic reactions**; **autoimmune reactions**, including a lupus-like syndrome and autoimmune hepatitis.

Common side effects include: Injection site reactions, upper respiratory infections (sinus infections), and headache.

These are not all the side effects with ENBREL.

Tell your doctor about any side effect that bothers you or does not go away.

If you have any questions about this information, be sure to discuss them with your doctor. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Medication Guide on the next page.



Get closer to the life you want to live



Medication Guide Enbrel® (en-brel) (etanercept)

Read the Medication Guide that comes with Enbrel before you start using it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using Enbrel.

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker that affects your immune system.

What is the most important information I should know about Enbrel?

Enbrel may cause serious side effects, including:

1. Risk of infection

Enbrel can lower the ability of your immune system to fight infections. Some people have serious infections while taking Enbrel. These infections include tuberculosis (TB), and infections caused by viruses, fungi, or bacteria that spread throughout their body. Some people have died from these infections.

- Your doctor should test you for TB before starting Enbrel.
- Your doctor should monitor you closely for symptoms of TB during treatment with Enbrel even if you tested negative for TB.
- Your doctor should check you for symptoms of any type of infection before, during, and after your treatment with Enbrel.

You should not start taking Enbrel if you have any kind of infection unless your doctor says it is okay.

2. Risk of cancer

- There have been cases of unusual cancers in children and teenage patients who started using TNF-blocking agents at less than 18 years of age.
- For children, teenagers, and adults taking TNF-blocker medicines, including Enbrel, the chances of getting lymphoma or other cancers may increase.
- People with rheumatoid arthritis or psoriasis, especially those with very active disease, may be more likely to get lymphoma.

Before starting Enbrel, be sure to talk to your doctor:

Enbrel may not be right for you. Before starting Enbrel, tell your doctor about all of your medical conditions, including:

Infections – tell your doctor if you:

- have an infection. (See "What is the most important information I should know about Enbrel?")
- are being treated for an infection.
- think you have an infection.
- have symptoms of an infection such as fever, sweats or chills, cough or flu-like symptoms, shortness of breath, blood in your phlegm, weight loss, muscle aches, warm, red, or painful areas on your skin, sores on your body, diarrhea or stomach pain, burning when you urinate or urinating more often than normal, and feel very tired.
- have any open cuts on your body.
- get a lot of infections or have infections that keep coming back.
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB.
- were born in, lived in, or traveled to countries where there is a risk for getting TB. Ask your doctor if you are not sure.
- live, have lived in, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use Enbrel. Ask your doctor if you do not know if you live or have lived in an area where these infections are common.
- have or have had hepatitis B.

Also, BEFORE starting Enbrel, tell your doctor:

- About all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements including:
 - ✓ **Oracea® (abatacept) or Kineret® (anakinra).** You have a higher chance for serious infections when taking Enbrel with Oracea® or Kineret®.
 - ✓ **Cyclophosphamide (Cytoxan®).** You may have a higher chance for getting certain cancers when taking Enbrel with cyclophosphamide.
 - ✓ **Anti-diabetic Medicines.** If you have diabetes and are taking medication to control your diabetes, your doctor may decide you need less anti-diabetic medicine while taking Enbrel.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine. Ask your doctor if you are not sure if your medicine is one listed above.

Other important medical information you should tell your doctor BEFORE starting Enbrel, includes if you:

- have or had a nervous system problem such as multiple sclerosis.
- have or had heart failure.
- are scheduled to have surgery.
- have recently received or are scheduled to receive a vaccine.
 - ✓ all vaccines should be brought up-to-date before starting Enbrel.
 - ✓ people taking Enbrel should not receive live vaccines.
 - ✓ ask your doctor if you are not sure if you received a live vaccine.
- are allergic to rubber or latex.
 - ✓ the needle covers on the single-use prefilled syringes and the single-use prefilled SureClick® autoinjectors contains dry natural rubber.
- have been around someone with varicella zoster (chicken pox).
- are pregnant or plan to become pregnant. It is not known if Enbrel will harm your unborn baby.
 - ✓ **Pregnancy Registry:** Amgen has a registry for pregnant women who take Enbrel. The purpose of this registry is to check the health of the pregnant mother and her child. Talk to your doctor if you are pregnant and contact the registry at 1-877-311-8972.
- are breastfeeding or plan to breastfeed. It is not known if Enbrel passes into your breast milk. You and your doctor should decide if you will take Enbrel or breastfeed. You should not do both.

See the section "What are the possible side effects of Enbrel?" below for more information.

What is Enbrel?

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker.

Enbrel is used to treat:

- **moderately to severely active rheumatoid arthritis (RA).** Enbrel can be used alone or with a medicine called methotrexate.
- **psoriatic arthritis.** Enbrel can be used alone or with methotrexate.
- **ankylosing spondylitis (AS).**
- **chronic moderate to severe plaque psoriasis in adults ages 18 years and older.**
- **moderately to severely active polyarticular juvenile idiopathic arthritis (JIA) in children ages 2 years and older.**

You may continue to use other medicines that help treat your condition while taking Enbrel, such as nonsteroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

Enbrel can help reduce joint damage and the signs and symptoms of the above mentioned diseases. People with these diseases have too much of a protein called tumor necrosis factor (TNF), which is made by your immune system. Enbrel can reduce the effect of TNF in the body and block the damage that too much TNF can cause, but it can also lower the ability of your immune system to fight infections. See "What is the most important information I should know about Enbrel?" and "What are the possible side effects of Enbrel?"

Who should not use Enbrel?

Do not use Enbrel if you:

- have an infection that has spread through your body (sepsis).

How should I use Enbrel?

- Enbrel is given as an injection under the skin (subcutaneous or SC).
- If your doctor decides that you or a caregiver can give the injections of Enbrel at home, you or your caregiver should receive training on the right way to prepare and inject Enbrel. Do not try to inject Enbrel until you have been shown the right way by your doctor or nurse.
- Enbrel is available in the forms listed below. Your doctor will prescribe the type that is best for you.
 - Single-use Prefilled Syringe
 - Single-use Prefilled SureClick Autoinjector
 - Multiple-use Vial
- See the detailed "Patient Instructions for Use" with this Medication Guide for instructions about the right way to store, prepare, and give your Enbrel injections at home.
- Your doctor will tell you how often you should use Enbrel. Do not miss any doses of Enbrel. If you forget to use Enbrel, inject your dose as soon as you remember. Then, take your next dose at your regularly scheduled time. In case you are not sure when to inject Enbrel, call your doctor or pharmacist. Do not use Enbrel more often than as directed by your doctor.
- Your child's dose of Enbrel depends on his or her weight. Your child's doctor will tell you which form of Enbrel to use and how much to give your child.

What are the possible side effects of Enbrel?

Enbrel can cause serious side effects, including:

See "What is the most important information I should know about Enbrel?"

- **Infections.** Enbrel can make you more likely to get infections or make any infection that you have worse. Call your doctor right away if you have any symptoms of an infection. See "Before starting Enbrel, be sure to talk to your doctor" for a list of symptoms of infection.
- **Hepatitis B infection** in people who carry the virus in their blood. If you are a carrier of the hepatitis B virus (a virus that affects the liver), the virus can become active while you use Enbrel. Your doctor may

do a blood test before you start treatment with Enbrel and while you use Enbrel.

- **Nervous system problems.** Rarely, people who use TNF-blocker medicines have developed nervous system problems such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Tell your doctor right away if you get any of these symptoms: numbness or tingling in any part of your body, vision changes, weakness in your arms and legs, and dizziness.
- **Blood problems.** Low blood counts have been seen with other TNF-blocker medicines. Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding very easily, or looking pale.
- **Heart failure** including new heart failure or worsening of heart failure you already have. New or worse heart failure can happen in people who use TNF-blocker medicines like Enbrel. If you have heart failure your condition should be watched closely while you take Enbrel. Call your doctor right away if you get new or worsening symptoms of heart failure while taking Enbrel, such as shortness of breath or swelling of your lower legs or feet.
- **Psoriasis.** Some people using Enbrel developed new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that may be filled with pus. Your doctor may decide to stop your treatment with Enbrel.
- **Allergic reactions.** Allergic reactions can happen to people who use TNF-blocker medicines. Call your doctor right away if you have any symptoms of an allergic reaction. Symptoms of an allergic reaction include a severe rash, a swollen face, or trouble breathing.
- **Autoimmune reactions, including:**
 - ✓ **Lupus-like syndrome.** Symptoms include a rash on your face and arms that gets worse in the sun. Tell your doctor if you have this symptom. Symptoms may go away when you stop using Enbrel.
 - ✓ **Autoimmune hepatitis.** Liver problems can happen in people who use TNF-blocker medicines, including Enbrel. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms: feel very tired, skin or eyes look yellow, poor appetite or vomiting, pain on the right side of your stomach (abdomen).

Common side effects of Enbrel include:

- **Injection site reactions** such as redness, swelling, itching, or pain. These symptoms usually go away within 3 to 5 days. If you have pain, redness, or swelling around the injection site that doesn't go away or gets worse, call your doctor.
- **Upper respiratory infections** (sinus infections).
- **Headache.**

These are not all the side effects with Enbrel. Tell your doctor about any side effect that bothers you or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Enbrel?

- Store Enbrel in the refrigerator at 36° to 46°F (2° to 8°C).
- Do not freeze.
- Do not shake.
- Keep Enbrel in the original carton to protect from light.
- Keep Enbrel and all medicines out of the reach of children.

General Information about Enbrel

Medicines are sometimes prescribed for purposes not mentioned in a Medication Guide. Do not use Enbrel for a condition for which it was not prescribed. Do not give Enbrel to other people, even if they have the same condition. It may harm them.

This Medication Guide summarizes the most important information about Enbrel. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Enbrel that was written for healthcare professionals. For more information call, 1-888-4ENBREL (1-888-436-2735).

What are the ingredients in Enbrel?

Single-use Prefilled Syringe and the Single-use Prefilled SureClick Autoinjector:

Active Ingredient: etanercept

Inactive Ingredients: sucrose, sodium chloride, L-arginine hydrochloride and sodium phosphate

Multiple-use Vial:

Active Ingredient: etanercept

Inactive Ingredients: mannitol, sucrose, tromethamine v4

Issue Date: 06/2010

This Medication Guide has been approved by the US Food and Drug Administration.

AMGEN

Manufactured by Immunex Corporation
Thousand Oaks, CA 91320

Pfizer

Marketed by
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RALPH LAUREN

Pink Pony 10th Anniversary

"Breast cancer is not just a woman's issue—it affects all of us: the brothers, husbands, fathers, children, friends. Pink Pony is our effort in the fight against cancer."

Ralph Lauren

THE PINK PONY AUCTION

OCTOBER 1–OCTOBER 21, 2010

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PROCEEDS WILL BENEFIT THE PINK PONY FUND

THE PINK PONY FUND OF THE POLO RALPH LAUREN FOUNDATION IS RALPH LAUREN'S WORLDWIDE INITIATIVE IN THE FIGHT AGAINST CANCER. TO LEARN MORE, PLEASE VISIT RALPHLAUREN.COM/PINKPONY

Lauren.

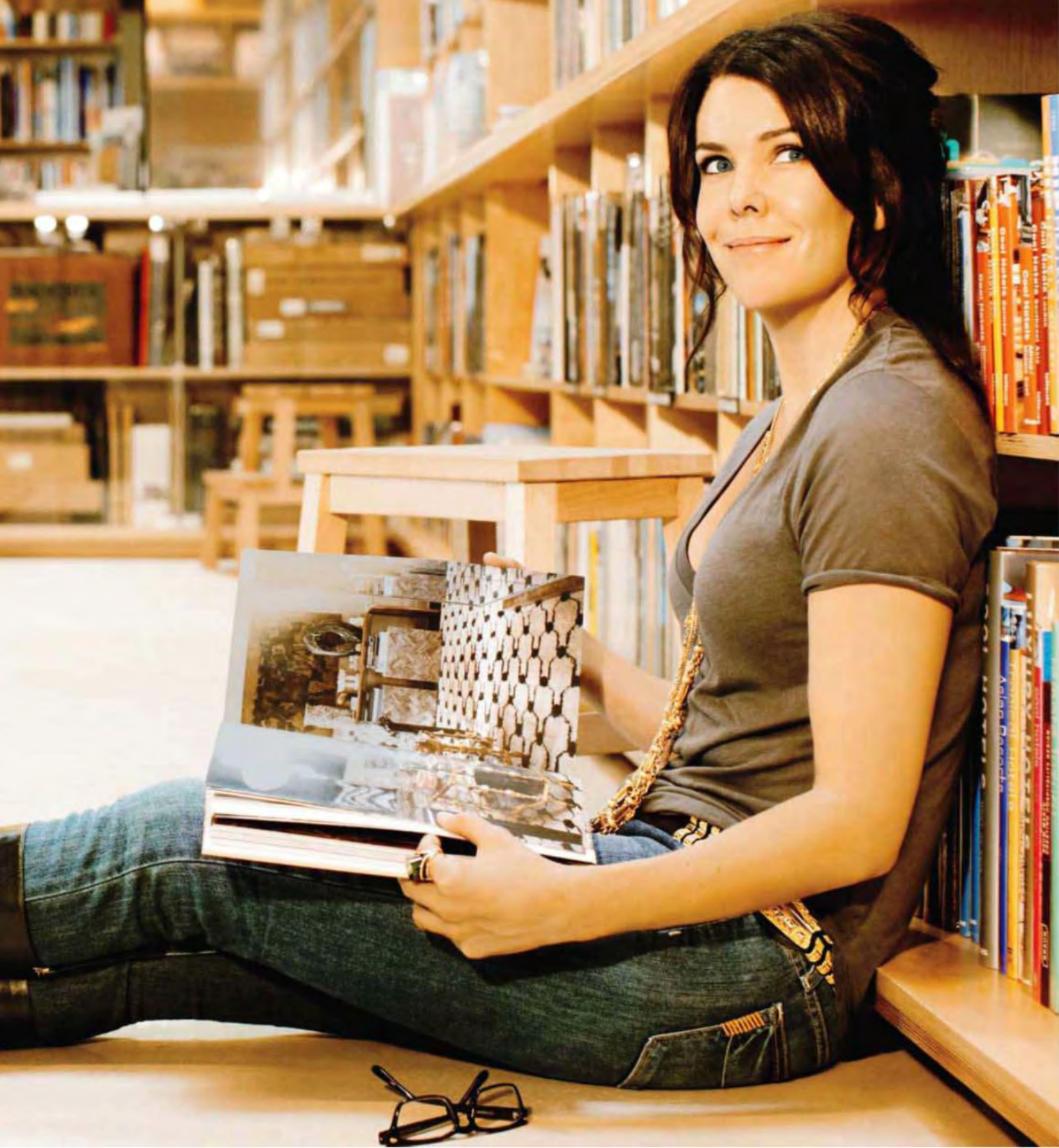
New show, new movie, a new man! The actress, who played the cool mom we all aspired to be on *Gilmore Girls*, now has a star role on *Parenthood*, an indie film, and a real-life romance with her costar Peter Krause. (So happy for her!) She opens up about *that* news for the first time with Laurie Sandell.

In this era of artfully staged paparazzi shots and red-carpet arrivals, it's a rare thing for a reporter to be invited inside a star's home. For a celeb to have you over, actually cook for you, and send you off with a gourmet doggie bag? It would be the Hollywood equivalent of triple cherries on the slot machine. But that's exactly how Lauren Graham handles our interview. "Sorry for the mess!" she says, leading me into the kitchen of her airy, suitably gorgeous home in Los Angeles (wearing an airy, suitably adorable outfit of a white sundress and bare feet). "I'm making a little avocado salsa for us," she explains, expertly chopping tomatoes. Later, when I mention that I'm heading from her house to a friend's barbecue, Lauren insists I take a Tupperware container of the dip and some spicy tortilla chips. ("Don't forget the chips," she says. "They make the whole thing!") ▶

BOOKS HAVE BEEN A MAIN EVENT for Lauren (here at the Hennessey + Ingalls bookstore in Hollywood) since she was a child. "There was eating, sleeping—and then there was reading. It was the one thing I could do in the day that was totally gratifying," she says. "I still have a bunch of my childhood books. I don't understand a house that doesn't have books!"



In love.



Needless to say, my celebrity salsa is a huge hit, and not just because it was prepared by TV's favorite school-lunch-maker.

If Lauren is feeling a bit extra domestic these days, there's a reason: After spending her 30s so wrapped up in work that she back-burnered her romantic life, she has finally found love, with her *Parenthood* costar Peter Krause. (And yes, in a vaguely awkward twist, Krause plays her brother on the show.) Lauren's legions of fans are thrilled to see her happily coupled at 43—and who wouldn't root for her? She's as real and relatable as one of your best friends, the one you just *knew* had a great romance in her future.

Her excellent news takes on a bit more poignancy when you know her childhood backstory: The woman who won our hearts playing moms wasn't raised by her own mother. She grew up in Washington, DC, with a single dad; her mother left the family when Lauren was 5, to move to London and pursue a singing career. Graham speaks lovingly of both parents (her mother died

five years ago), as well as her stepmother, whom her father married when Lauren was in high school. In her book-filled library, she shows me a framed black-and-white portrait of herself as a baby, being held by her maternal grandmother. They're watching a beautiful dark-haired woman—Lauren's mom—being interviewed on TV. "That one's my favorite," she says of the picture, smiling.

When we settle down to do the interview, it turns out Lauren is as low-key and witty as you'd imagine her to be—with a couple more little secrets to reveal, too.

So on *Parenthood*, you're playing a single mom again. How did you feel about that?

When I was considering *Gilmore Girls* [at age 32], people were like, "You shouldn't play a mom. People will think you're too old." And I was like, why? People are mothers at my age. And when I took *Parenthood*, people said, "You shouldn't play another mom." That's like saying, oh, you're playing

another woman. *Mom* isn't an adjective or a personality; they're not all the same.

Had you worked with anyone from the cast before?

Peter was one of the first people I met when I came out to L.A. [in 1995]. We did an episode of *Caroline in the City* where he walked on his hands.

And now Peter is your boyfriend. What's it like to play the sister of someone you're dating?

You can be dismissive and obnoxious to them and no one can blame you—but you can only get away with that on camera. [Laughs.] You know, one of the things that's been so fun [about this relationship] is that it's so easy. And it's a lot, to work with somebody and then spend time [at home] with them too.

What's the story of how you got together?

As I said, we met when I first came out here, but the timing wasn't right. Though I think we liked each other. I remember one day he asked me over to his house to play a board game—and that's exactly what we ended up doing. So I was like: This guy doesn't like me. But I was also like: Who actually *plays* a board game? [Laughs.] It's so interesting to me that there was clearly a connection there back then, but I don't think either of us was ready.

What was getting in the way?

You know, he's obviously a very confident, appealing guy, but he's shy, and so am I. We stayed friends over the years, and I've always been a huge fan of his work.

What are the benefits of meeting someone great in your 40s, as opposed to your 20s or 30s?

I've had one, maybe two really good relationships that for whatever reason didn't work out. I've dated people who I thought were going to be a big deal in my life, and I've also spent long periods by myself. While I very much wanted to be in a relationship, I didn't want to be in the wrong one.

So you were commitment-phobic?

Yeah. But I think I've grown up a lot. Now I know the difference between my problem

Wow—tough questions!

REDBOOK readers asked Graham everything they'd been dying to know—and she responded.

"Lauren, my daughters and I had such fun watching your mother/daughter adventures on *Gilmore Girls*. Do you dream of having a daughter of your own?"

—Robin V., Calabasas, CA

LG: Sure. I love having kids in my life. And it's not at all the same, but I know a lot of teenagers—more than some moms I know—and I've been really, really lucky to have two amazing kids on my show who I love spending time with. Of course, Alexis [Bledel, who played her daughter on *Gilmore Girls*] will always be my first.

"You so often play a woman unlucky in love. I think all of your fans would love to see you enjoy a 'happily ever after.' Do you want to get married?"

—Maria L., San Antonio

LG: I admire that kind of commitment. I'm enjoying where I am right now and I'm open to whatever happens in the future.

"What's something that no one knows about you?"

—Natalie W., Aiken, SC

LG: I am an avid cookbook reader. My most recent favorite is one from David Chang

called *Momofuku* [after his Asian noodle bar]. It's really difficult, but Asian food is some of my favorite. I also watch every cooking show and feel that someday it will sink in.

"Do you think you would ever play a role against type, like a prostitute or a stripper?"

—Tory M., Naples FL

LG: I haven't made any moral or ethical choices as an actor; it's just [that these are the roles that have] come to me. Unfortunately for my range, I don't think I have a face of evil!

and somebody else's. It's also nice to be in this place in my career where the dire need to achieve has shifted, because I've had the satisfaction of accomplishing some of my goals. Not all of them—that will never end—but I am proud of the things I've done. It takes the edge off work as a main focus and allows space for a more balanced life.

What are some of the challenges of dating in the spotlight?

I don't really experience a spotlight. In this case, nobody knew for a while, because we like to be at home, cooking and not going out. I've also been really protective of it, because it's important that you can buy us as brother and sister on the show.

It is interesting that you have so many fans, but you don't seem hounded by paparazzi. How did you pull that off?

I have the same friends I've always had; most of my dear friends are from college [she went to Barnard] or high school. I think with a little bit of effort you can lead a somewhat quiet life in this business. And anyway, I don't know how interesting people would find it to have the *Gilmore* girl caught in a brawl. [Laughs.] I'm lying. That would be really cool.

“ I very much wanted to be in a relationship, [but] I didn't want to be in the wrong one. ”



With boyfriend (and TV bro!) Peter Krause, at the *Parenthood* premiere.



A favorite photo: a baby Lauren with her grandmother, watching her mom on TV, in 1968.



The skeptical-mom look that started it all: on *Gilmore Girls* with Alexis Bledel, 2000.



Her (fittingly cool) kids on *Parenthood*, Mae Whitman and Miles Heizer.

Besides *Parenthood*, you have a new movie, *It's Kind of a Funny Story*. Yet you'll probably be asked about *Gilmore Girls* forever. How do you feel about that?

It wasn't until I did *Guys and Dolls* [she starred in the Broadway show in 2009] and met people daily who came to see me because I was on *Gilmore Girls* that I realized the impact it'd had. It was a show people bonded over. It was a bonding experience for my mom and me as well. My mother had lived in London since I was little, so she never got to see my school plays and stuff. So I had the production office send her tapes [of the show]. She saw more of me that way, and I feel really happy about that.

So let's talk about your upbringing. Did you ever think, *I'm being raised by my dad and all of my friends have mothers*?

Yeah. In elementary school there would be mother-daughter things where I wouldn't have anyone to bring. It was unusual. But my parents were really young [when they married]. They knew my dad was in a better position [to raise me], and I respect that. People make the best choices they can, that's honestly how I look at it.

How did having your father as your primary parent shape you as a person?

He is extremely smart and mellow and positive, just an easy person to be with. And we had all these adventures: We lived on a houseboat in the Virgin Islands for half a year, and I went to Europe more than any kid I knew. One thing I got from both my parents was a sense that it was important to follow something [you're passionate about] that might not seem practical.

So how do you envision the next 10 years?

I would like to be part of a family, however that looks. Family is really important to me. And I'll probably keep cooking and decorating. And working. As an actor you have to maximize your time, because you don't know what's going to happen in your 50s and 60s and 70s. It's like the career of an athlete: For many people, it ends at a certain point. Hopefully I'll live a long time and people will be saying, "How can you play another grandmother?!" **R**



Want Lauren's showstopping avocado-salsa recipe? She gave it to us! Click to redbookmag.com/laurensalsa to get it.

Easy style complicated

A busy schedule doesn't have to mean a basic wardrobe. Want proof? Check out **Brooke Burke**, who juggles **four kids**, hosting *Dancing With the Stars*, and about six other projects — and still pulls together fun outfits (including something sexy for date night).

Brooke and her fiancé, actor David Charvet, at home in Malibu, CA. The kids, from top: Neriah, 10, Sierra, 8 (Brooke's daughters with ex-husband Garth Fisher), Rain, 3, and Shaya, 2 (her daughter and son with Charvet). Brooke's dress is superpretty yet easy enough to run around in. She's doing that barefoot California thing, but how cute would it be with tights and boots? Dress, Tibi, \$385. Necklace, Laura Elizabeth, \$143.



A woman with long brown hair, wearing a purple patterned dress, stands on the right side of a wooden platform, smiling and holding a large silver star-shaped balloon high in the air. To her left, four children are gathered. A girl in a purple hoodie with 'ROXY' on it is holding a silver star-shaped balloon. A boy in a striped shirt is also holding a silver star-shaped balloon. A girl in a black top with white polka dots is holding a silver star-shaped balloon. A girl in a teal shirt is standing behind them, smiling. They are all on a wooden platform in front of a stone wall. The text 'for your life' is written in red cursive font across the top left of the image.

for your
life

Photographed by Matthew Hranek



Dress way up
for date night.
(Shock him,
shock yourself!)



OPPOSITE PAGE "At our house, there's no driver and no chef. You're looking at her!" says Brooke. For fall, a long cardigan is a soft stand-in for a coat. Hat, Helen Kaminski, \$295. Sweater coat, Rebecca Taylor, \$395. Top, Fifteen-Twenty, \$172. Necklace, Rebecca, \$665. Jeans, Joe's Jeans, \$167.

THIS PAGE "We try to have date-dates, but they usually end up being with other couples," Brooke says. "But every kid-free night counts as a date, right?" This black-and-white number is sexy but simple. Dress, Twinkle by Wenlan, \$291. Ring and shoes, Brooke's own.



Cast off the
ratty old pj's: You
know you have
a **sexy nightie**
somewhere!

Hanging with Shaya in her kitchen—Brooke calls it “the conference room”—in a silky nightgown made deliveryman-appropriate with a knit robe. Robe, Eileen Fisher, \$368. Gown, Josie Natori, \$250. Necklace, Simon G. Jewelry, \$836.

"I love leggings and a loose top: comfy-but-feminine stuff." Bright boots add even more fun. Top, Catherine Malandrino, \$395. Tank, Enza Costa, \$69. Beaded bracelets, Sisco Family Jewels, \$40 to \$88. Bangle, Kara Ackerman Designs, \$75. Ring, La Petite Princesse, \$118. Leggings, Hale Bob, \$188. Boots, Hunter Boot, \$125.

HAIR: STEVEN LAKE AT SOLOARTISTS.COM. MAKEUP: JETTY STUTZMAN FOR AIM ARTISTS. MANICURE: BETH FRICKE FOR OLLIE PRIP. STYLIST: DANE HOLWEGER.



"Khaki boyfriend pants are always cool—I wear lots of them," says Brooke, having a book-induced moment of calm with (clockwise from top left) Rain, Sierra, and Neriah. Blouse, Leifsdottir, \$178. Necklace, Nicola Yoon Design, \$284. Bracelets, Gorjana, \$60 to \$190. Tri-color bangles, Kacey K, \$250 for set. Pants, J Brand, \$216. Belt, Linea Pelle Vintage, \$80.

Fashion Editor: Audrey Slater
See shopping guide, last pages, for details.



Brooke's secrets to style happiness

Starting with: Keep it all in the Kidmobile!

■ Dress on the go. "I always have a bag of clothes in the car (I call it the Kidmobile) so I can change from flip-flops for school pick-up and drop-off into heels for a sexy look if I need to later."

■ Take accessories seriously. "I wear tons of jewelry, even when I'm in sweats." And she doesn't necessarily mean diamonds, either: Her current favorite item is a \$15 ring.

■ Steal from your friends. "I love wearing things for the first time. And it could be borrowed from a girlfriend—it just has to be new to me!"

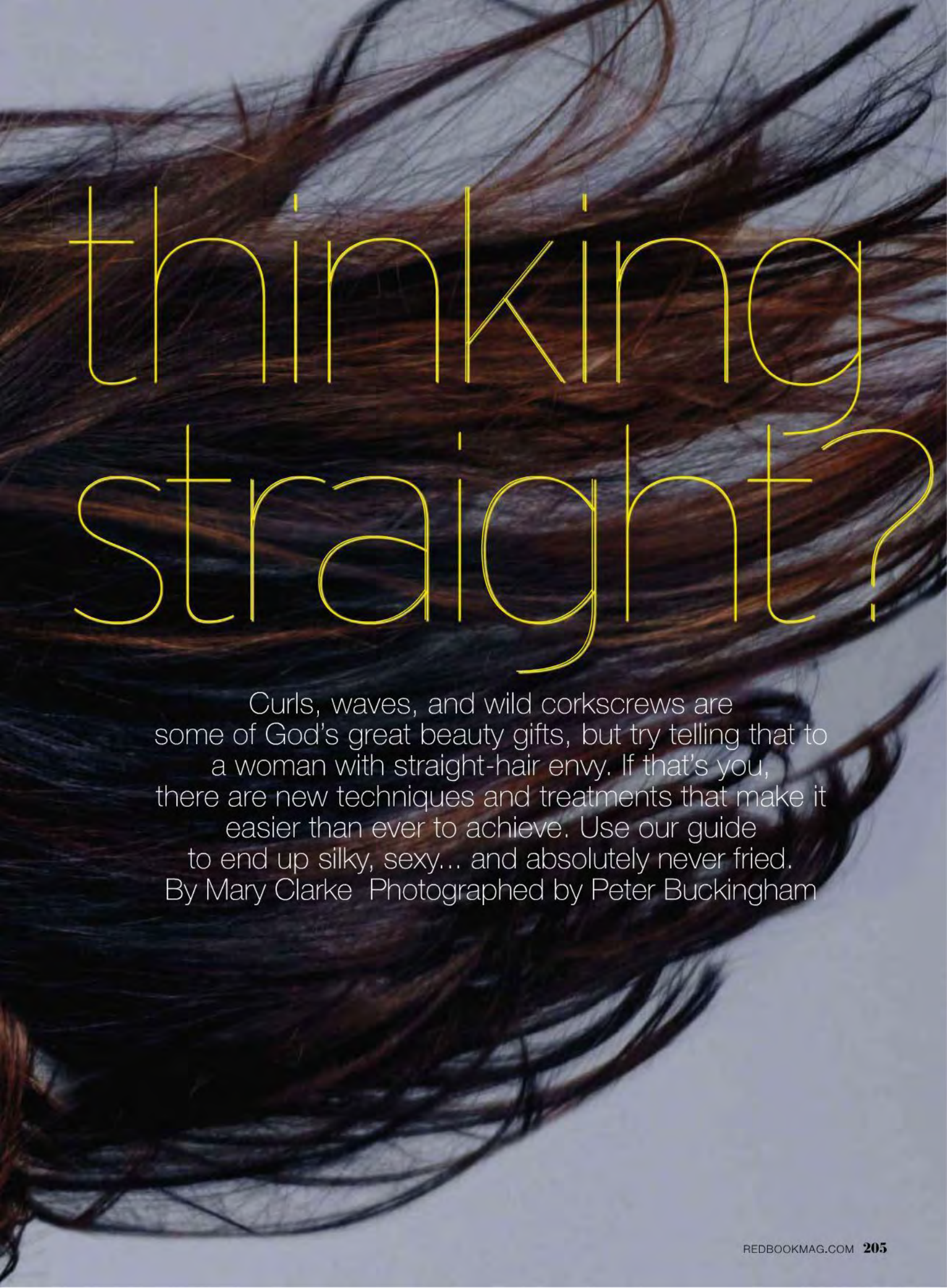
■ Edit your closet. "I sort all of my clothes seasonally, so if I need something fast, I can grab it from the right section."

■ Multitask. "I do everything at once. Seriously, I'll shave my legs and brush my teeth while exfoliating my face with an acid peel in the shower."

■ Relax. "For me, motherhood is about letting go of the idea of perfection and going with the flow." She's spreading the word on her website, modernmom.com, a community for mothers, and is writing a memoir, *The Naked Mom*, out in February. (Also happening for her now? Hosting *She's Got the Look*. Phew!)

—INTERVIEW BY GLORIA M. WONG





thinking straight?

Curls, waves, and wild corkscrews are some of God's great beauty gifts, but try telling that to a woman with straight-hair envy. If that's you, there are new techniques and treatments that make it easier than ever to achieve. Use our guide to end up silky, sexy... and absolutely never fried.

By Mary Clarke Photographed by Peter Buckingham



the best at-home blow-out for **curls**

- Towel-blot, then apply a heat-protective product (try Blow Heat Is On, \$18) for less damage; it'll also give you humidity resistance.
- Using a natural-bristle round brush, start at the hairline: It can be the hardest spot to do. Then work around your head in two-inch sections.
- Don't shake the nozzle from side to side as you work; this can rough up the cuticle and create flyaways. (News to us!)
- Finish each section with a quick blast of cool air to lock in the shape.
- Try a long-lasting frizz-fighter such as Avon Advance Techniques Frizz Control Lotus Shield, \$12, which helps hair resist humidity for up to three days.

THE SALON STRAIGHTENER FOR curls

WHAT TO ASK FOR: Keratin treatment (also known as KT or Brazilian straightening). A mix of proteins and fixatives is applied from roots to ends, blown dry, then pressed with a flat iron to seal in the solution. "It actually makes your hair look and feel healthier," says Alysia Read, owner of UnSprung Salon in Portland, OR. "The seal gradually wears off over a few months, so there's no telltale line of demarcation," adds Rodney Cutler, who owns three salons (one in humid Miami!). KT isn't brand-new, but now you have options: make your hair pin straight or with a hint of wave that you can easily blow out. And the price has gone down, from about \$350 to \$250.

HOW TO KEEP IT HEALTHY: Unlike most chemical treatments, KT can be used on colored hair. There has been concern over the active ingredient, which, when flat-ironed, emits vapors that can contain formaldehyde. But chemist Doug Schoon, president of Schoon Scientific in Dana Point, CA, who tested the air quality in salons doing KT, found formaldehyde levels to be within the safe range set by OSHA, the organization that regulates workplace safety. His recommendation: Make sure your salon is well ventilated. We add: Skip cheap-o treatments at hole-in-the-wall spots. Also, avoid shampoo with sodium chloride, as it will break down the keratin coating faster. (Try Bumble and Bumble Mending Shampoo, \$28.)

I TRIED IT! "The Brazilian blowout changed my life. My frizzy curls used to take two hours to blow out. Now I have shiny hair that I wear wavy or blow superstraight in 15 minutes."

—LISA COOPER, Boca Raton, FL

THE SALON STRAIGHTENER FOR waves

WHAT TO ASK FOR: You can go with KT (see above), but you're also the best candidate for Japanese straightening (a.k.a. thermal reconditioning, or TR). The advantage of TR—in which a relaxing solution is flat-ironed into hair—is that it's permanent, and wavy is the one type of hair where it's barely noticeable as it grows out. TR will cut your styling time (and thus the scorching effects of the blow-dryer) down to almost nothing, says New York City salon and spa owner Paul Labrecque. "You can let your hair air-dry, and it'll still come out straight as a line." That said, it's very pricey, about \$400 to \$800.

HOW TO KEEP IT HEALTHY: TR isn't recommended on bleached or highlighted hair; chemical overload can lead to breakage, Labrecque says. And touch-ups, which can be done on new growth only, are tricky—be sure your technician has tons of experience. One new trend is to alternate it with KT, so you get mega-straightness without quite as much damage. And always use moisturizing products (such as Dove Damage Therapy Daily Moisture Shampoo and Conditioner, \$4.50 each).

I TRIED IT! "My hair was wavy and coarse—I hated it. Now I can let it air-dry, and it hangs stick-straight. I can feel the wind blow through actual locks of hair!" —TERESA MARTIN, Sandy, OR

the best at-home blow-out for waves

- Towel-dry your hair, then spritz on a non-silicone-based protective spray such as Hair Rules Blow Out Your Waves, \$20.
- Using a natural-bristle round brush, wind your hair tightly around it and pull taut. Use the concentrator nozzle attachment to direct heat toward your ends, zapping flyaways as you go.
- When hair is almost dry, switch to a finishing brush: big and round, with a metal or ceramic core.
- Apply a lightweight finisher to the ends of hair. Try John Frieda Frizz Ease Secret Weapon Flawless Finishing Crème, \$6.





3 rules of the chemically straight road

1. Home haircolor can wreak havoc on chemically treated hair of any type. So if you've done any straightening treatment, talk to your salon pro before you color at home.
2. Patience is a virtue. These processes can take anywhere from one to six hours, so always bring a good book and pack some snacks.
3. Don't do any of these if you're pregnant or nursing; the chemicals haven't been tested for the safety of your little one.

THE SALON STRAIGHTENER FOR

kinks

WHAT TO ASK FOR: Texturizing, which is a milder, less-damaging form of relaxing. It reduces frizz by about 80 percent so your curls are looser and more defined—and it makes it infinitely easier to blow-dry them straight, says Dickey (one name, like Madonna), owner of Hair Rules Salon in New York City. (Stylist to Nia Long and Natalie Cole, he's seen pretty much every curly-hair treatment known to man—and he did the hair for this photo shoot.) The newest, least-damaging technique, he says, is “selective texturizing, in which the texturizer is applied to just the extra-frizzy, tough-to-straighten areas around the hairline, the nape of the neck, or the crown of the head.” Either way, texturizing is an investment—but a sound one, because it's permanent. Treatments run from \$150 to \$800, depending on how much hair you have and how much of it you straighten.

HOW TO KEEP IT HEALTHY: If you're making the switch from conventional relaxing to texturizing, all traces of your previous treatment must be gone (i.e., grown out and cut off) or you'll risk serious breakage. And don't re-texturize already-treated areas; just touch up your roots. Stay away from sulfates in shampoos, which can be too drying. Try Free Your Mane Sulfate Free Shampoo, \$16.

I TRIED IT! “I've never been happier with my hair. I love that I can wear it both curly and straight without damaging it. I can get a sleek look when I have time to blow it dry, or just wash, go, and look great in curls.” —NIA-YA ANDREWS, New York City

how blow should they go?

We asked our readers at redbookmag.com whether these beauties look better with their natural curls or blown stick-straight. Here are the results. (Sorry to disagree, but we love Keri curlier.)



BEYONCÉ



86%



KERI RUSSELL



70%



CHELSEA CLINTON



89%



TAYLOR SWIFT



68%

the best at-home
blow-out for **kinks**

- Towel-blot hair to get out excess water.
- Use a protective balm to lock in moisture while keeping frizz at bay, like Living Proof No Frizz Straight Styling Treatment for Thick to Coarse Hair, \$24.
- Use a blow-dryer with a plastic comb attachment at the nozzle. "It's the attachment everyone throws away," Dickey says. "I used to too, but it's the best tool for smoothing the hair." Move the comb slowly from roots to ends and let the heat do the work.
- When hair is dry, go over it with a flat iron—just one pass per section—for the perfect finish.
- Remember to stay healthy. The goal is to not blow-dry your hair more than once or twice a week.

The health
question
every
woman is
asking:



Block

A year after the Great Mammogram Debate of 2009, we're all **still confused** about when to begin screening for breast cancer. REDBOOK went to the best experts in the country to **help you decide** whether to **start now, soon,** or if you might be able to **safely wait.**

By Liz Welch Illustrated by Serge Bloch

For years, women have looked at turning 40 as a milestone to be marked with margaritas, maybe a spa trip with girlfriends, and, to guarantee another 40 healthy years, a first mammogram. That's what doctors and the American Cancer Society (ACS) recommended, so we complied with the annual breast-smooching tradition. Then, last fall, a major switcheroo: A government advisory group recommended that women at average risk of breast cancer start mammograms at 50, not 40. The United States Preventive Services Task Force said the ruling was meant to improve breast care for women. What the group actually succeeded at doing was enraging some women and doctors, and confusing the rest.

The backlash from breast cancer advocacy organizations was instant and fierce. But what was somewhat overlooked in the furor was the task force's final bit of advice: "The decision to start regular...mammography before the age of 50 years should be an individual one." As it turned out, the guidelines weren't so black-and-white, and the real decision about when to be screened had been dumped into the laps of women and their doctors.

A year later, that's where it remains. In an unofficial but telling online poll by the American College of Physicians, 67 percent of doctors said they would stop recommending routine mammograms to women in their 40s. What's more, radiology centers around the country reported that the number of women coming in for tests dropped 20 to 25 percent right after the guidelines were released. Some experts—like Susan Boolbol, M.D., chief of breast surgery at Beth Israel Medical Center in New York City, and Carol Lee, M.D., chair of the breast commission of the American College of Radiology—believe that in the future we'll see a spike of cancers being diagnosed at later, more dangerous stages as a result.

Are average-risk women who delay screening doing the right thing? The task force says yes, that the benefits of earlier mammography don't outweigh the risks. Specifically, women in their 40s are more likely to have "false positive" results (meaning a mammogram shows an abnormality that turns out *not* to be cancer) than older women, resulting in anxiety, unnecessary biopsies, and even overly aggressive treatment of slow-growing tumors that may not ever be life-threatening. The task force patently denies that the changes were made to cut costs and says they were dictated purely by medical evidence.

Nevertheless, the ACS and the American Congress of Obstetricians and Gynecologists ignored the age change and still say routine screening should start at 40. So who's right? There is no

one-size-fits-all answer. That's why we interviewed 15 of the top breast health and radiology experts in the country to find out exactly what you should ask—and tell—your M.D. before making a decision about mammography. Use this story as a conversation guide for your next appointment.

First ask: What is my personal risk for cancer?

This part of the talk with your doctor will likely be pretty calming: The average woman has only about a 12 percent chance of getting breast cancer in her lifetime. But some factors raise that risk. If any of these apply to you, the wait-until-50 advice doesn't:

■ **Significant family history of the disease.** A woman with a mom or sister who had breast cancer has double the average risk of getting it herself. (Having male relatives with it, which is rare but possible, also raises risk.) "The general rule of thumb is to start mammograms 10 years before your youngest affected relative was diagnosed," says Marisa Weiss, M.D., founder and president of BreastCancer.org—so if your mom got breast cancer at 42, you may need to start screening at 32. Other family members count too: Having any *two* close relatives (that includes aunts, uncles, and grandparents) with the disease boosts your risk.

■ **Breast cancer genes.** About 5 to 10 percent of breast cancer cases can be attributed to inherited gene mutations. Someone with the BRCA1 or BRCA2 mutations, for example, has up to an 80 percent chance of getting the disease. Women with a strong family history may want to talk to a genetic counselor.

■ **Chest radiation before age 30.** Receiving radiation treatments for illnesses like Hodgkin's disease increases breast cancer risk. (Having had lots of spine X-rays for scoliosis as a kid may affect risk as well, depending on the strength of the radiation.)

Those are the biggies, but there are other, more minor factors that increase a woman's risk. To see how these might affect you, go to cancer.gov/bcrisktool.

Next, weigh the mammo pros and cons

Here's the deal: Mammograms save lives and are still the gold standard for early detection of breast cancer. But they're by no means a perfect test, says breast surgeon Susan Love, M.D., founder of the Dr. Susan Love Breast Cancer Foundation, especially for

premenopausal women, she says. "Younger breast tissue tends to be more dense, which makes mammograms less accurate; cancer is white, and so is breast tissue, so it's like looking for a polar bear in the snow," Love says. Hence, the false positive results pointed out in the task-force report. One in 69 women in their 40s will get breast cancer, but a much higher ratio of young women will have a "positive" mammogram. Research shows that nine out of 10 times, these women don't have cancer, says former chair of the task force Diana Petitti, M.D., professor of biomedical informatics at Arizona State University in Phoenix. Still, they often have further testing and must deal with the anxiety of waiting for results.

Many women and doctors say they'll accept a few weeks of uncertainty if it means they're doing all they can to protect themselves. "I had a biopsy in my 40s, and waiting to get your results back *is* stressful," says New York City ob/gyn Hilda Hutcherson, M.D. "But in my experience, most women would rather go through that than risk missing a tumor." Rebecca Booth, M.D., an ob/gyn at Women First in Louisville, KY, agrees: "Ninety percent of my patients would say it's worth it to make sure you don't have cancer."

Another possible risk of mammography, however, is radiation from the test itself, which some research suggests may slightly increase breast cancer risk. "One mammogram is not a lot of radiation," Love says. "But getting them every year adds up." The amount of risk is hotly debated, but the fact that mammograms expose women to some degree of potentially harmful radiation is not.

Despite the caveats, a majority of ob/gyns and breast specialists

we talked to said they'd rather women start screenings earlier than later. After all, most women who end up getting breast cancer are not at obviously elevated risk, points out Daniel

B. Kopans, M.D., professor of radiology at Harvard Medical School. This doesn't mean doctors won't discuss the option of waiting: "One patient recently wanted to postpone mammography until she turned 50," says New York City ob/gyn Adelaide Nardone, M.D. "She was low-risk and insistent about waiting, so after a thorough medical history and risk assessment, I respected her decision." To be careful, says Nardone, "I ask my patients like these to at least consider getting a baseline mammogram in their 40s to establish the normalcy and density of their breasts." In the end, if you're at low risk, the choice of when to start routine mammograms is up to you, Petitti says. It largely

depends on what's more important to you right now: Reducing anxiety and the potential risks of unnecessary testing, or possibly catching an early-stage cancer. "If you have a mammogram, there's a chance you're going to need a biopsy that will turn out to be absolutely nothing," says Lee. "But there's also a chance that you'll have a cancer picked up and might have your life saved. You have to weigh that and decide."

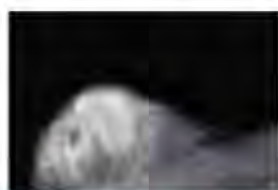
Finally, take some simple steps to stay safe

Whenever you choose to begin mammography, prevention can start now. Being overweight increases breast cancer risk—while



Your breasts: a picture show

Mammography is proven to save lives and is still the gold standard in early detection. But make pinpointing cancers more difficult. Thankfully, it's not the only tool in our screening



TRADITIONAL FILM SCREEN MAMMOGRAPHY

An X-ray beam is used to create a photograph of the breast on film. The results are most accurate in women over 50, according to the National Cancer Institute (NCI).



DIGITAL MAMMOGRAPHY

The same as traditional mammography, except the image is digital and may be slightly better at picking up cancers in younger women, per the NCI. More than half of all U.S. mammogram machines are digital now—if you're under 50, press for a digital test.



ULTRASOUND

Just like ultrasounds during pregnancy, sonic waves are used to create a picture. Ultrasound is good at distinguishing cysts from solid masses, and is sometimes used in addition to mammography to investigate lumps before moving on to a biopsy.

being physically active for as little as 10 to 20 minutes a day lowers it. Watching alcohol intake is also important, as is simply being aware of how your breasts normally look and feel. The ACS and other major medical groups no longer advocate formal breast self-exams, but every health expert we spoke to was adamant that women should explore once in a while, in the shower, getting dressed, whenever. If you notice something strange—a lump, puckering, skin discoloration, or even scabbing—get to an M.D.

One last bit of advice for women who want to stay well, this one from breast cancer survivor Lauren E. Miller, author of the book *Release the Stress around Breast Cancer*: Don't let fear of breast cancer make health-care decisions for you. "I've been in touch with hundreds of women who've avoided screening of any kind because they were afraid," she says. "I know people who won't even touch their body because, 'Oh, my God, what if I find a lump?'" Of course, when found early, breast cancer is highly treatable—so fear, and the delay in diagnosis it may cause, could turn out to be a bigger killer than rogue cells growing in your body. "Are we going to worry, and be stuck in doubt, telling ourselves, 'I'm not going to be okay'? Or are we going to be empowered and take our health into our own hands?" Miller asks. You know a lot more than you did when you picked up this article 10 minutes ago. Talk it through with your doctor and you *will* make the right choice. ®

GOOD SCREENING NEWS

Free mammograms!

When you decide to begin routine mammography, there's a chance your tests could be free—no co-pays, no deductibles, nothing. "We want to be proactive about keeping women healthy by catching breast cancer early," says Stephanie Cutter, who is assistant for special projects to President Obama. That's why one provision of the recently instated health care reform act requires insurance companies to eliminate co-pays and other fees for mammograms, beginning this fall. For now, only women who sign up for new health plans (or whose plans change significantly) are eligible, but starting in 2014, the rules will apply to most insured women, says Cutter. For more details, search "mammograms" at healthcare.gov.

"My problematic pair"



If you have lumpy breasts like author Liz Welch, you could be in for lots of biopsies and worry. There is a better way, and she explains it here.

At 41 years old, I've already had not one, not two, but three mammograms. A few false negatives and biopsies too. I have cystic breasts, which is as unsexy as it sounds. The good news is, they do not put me at higher risk for breast cancer.

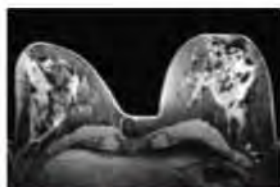
That said, they cause me lots of lump scares, which result in more mammograms and agita. I felt my first lump at 35, as did my ob/gyn, who sent me for a diagnostic mammogram to figure out what it was. I have no family breast cancer history, so I was quite calm—until the radiologist spotted a pea-size "dense spot" and recommended a biopsy. A surgeon marked an X on my breast with a Sharpie, injected anesthesia, and then placed a retracting needle attached to a dart-gun-like contraption on it. I heard a pop and felt a dull tug. "Whoops," he said. "I missed." He tried again—pop, tug, tug—and said, "Bingo."

First came the pain, then the nausea and fear while I waited several days for the results: benign. When I felt a new lump 18 months later, the same scenario ensued: mammogram, biopsy, worry, benign diagnosis, relief. Then frustration. Was I going to have to go through this every couple years for the rest of my life?

Thankfully, my ob/gyn had a plan. I should have a baseline ultrasound to identify pre-existing cysts (see "Your Breasts: A Picture Show," below) and then repeat ultrasounds yearly to track any new ones. That first ultrasound showed an unidentifiable lentil-size mass, and my new breast specialist sent me for what would be my third mammogram. That time, the radiologist decided that, based on my history, it was probably just a cyst.

My breasts will always be lumpy, but thanks to my ob/gyn and a great specialist, I now have a protection plan that doesn't involve constant needle punctures. My advice to other women like me? Partner with your doctor to come up with a strategy, and become your own expert. No one should know your breasts better than you.

experts admit it's far from perfect—especially for premenopausal women, whose denser breasts arsenal. Here's a look at what's out there now, and some exciting options still on the horizon.



MRI (MAGNETIC RESONANCE IMAGING)

Magnet and radio waves are used to create a computer image of the breast. MRIs are more sensitive than mammograms or ultrasounds, but they're very expensive. They are often used to see lumps that didn't show up on other tests.



DIGITAL TOMOSYNTHESIS (ALSO KNOWN AS 3-D MAMMOGRAPHY)

This tool provides a 3D digital image and has been found to reduce the number of false positive results compared with traditional or digital mammography. It's available in Europe but not yet in the United States.



COMING SOON?

Researchers are studying molecular breast imaging, which uses a dye injected into the breast, and a "breast Pap," which looks for abnormal cells in breast fluid. To join a screening study and help women get better care in the future, go to breastcancertrials.org.

to: **You**
from: **Your guy**
subject: **I love you!**



A photograph of a couple in a romantic embrace on a bed. The man is wearing a pink long-sleeved shirt and blue shorts, and the woman is wearing a blue and white striped shirt and purple shorts. They are lying on a white bedsheet. The background is a soft, out-of-focus yellow wall.

*If he's like most men, your husband struggles to express **exactly what he adores about you.** And write a genuine love letter? Just not happening. So we got nine guys to say it all for him, and for husbands everywhere.*
Photographed by Stephanie Rausser

I love that you're... mine

Dear Laura,

From the moment I laid eyes on you, I knew that if I played my cards right, you could become the greatest catch of my life. During the off-season, I would lie on my couch with the phone on my belly, waiting for you to call. My friends thought I was out of my mind; they'd never seen me act this way over a woman. But you were the girl who had it all: brains, beauty, and a heart of gold. Plus I got a tremendous kick out of you—you made me laugh. After 10 years of marriage and two children, even now, when you come to my games, I hit the ball extra hard.

All my love, **JORGE**

Jorge Posada, New York Yankees catcher and coauthor of The Beauty of Love

I love your laugh

Dear Sara,

Your laugh can reach out and get me from two floors away, from the far side of a cocktail party, from the next room where you're watching *Top Chef*. It's rich, rolling, high-pitched—mischievous yet warm—a laugh that closes gaps between people. You're easy to like for a number of reasons—your kindly personality, your lightning wit—but it's your laugh that has this Velcro effect. And you are generous with it. On many an occasion, when I dozed on a bright morning at a summer house we were sharing with friends, your laughter from the vicinity of the coffee pot brought me to fuzzy consciousness. Even as I lay in semi-sleep, those French-roasted giggles made me alert, curious, and finally jealous: I needed to be there to receive my full share of the hilarity, and bask in the glow of being married to such a life-loving vixen. Betty Rubble, your laugh is pretty cute. But you've got nothing on my wife.

KYLE

Kyle Smith is the author of *Love Monkey*.

I love your secret inner seductress

Dear Dirty Little Dominatrix Who Lives Inside My Wife,

I love you. I mean—I really, *really* love you. Oh, sure, I love that other woman too. You know, my wife, the one whose subconscious you hide out in for days, biding your time. That woman is astonishing in many ways: She's the tireless mother of my 4-year-old son. She's an emotional boulder. She's hilarious and brilliant, and she cooks a life-affirming chicken marsala.

But what you and I have is different. Sure, we don't get to see each other as much as we did back in our 20s, when you'd come out to play at the drop of a spaghetti strap. There's good reason: By the time my wife and I wrestle the kid to sleep, it's a miracle if we're still sentient. Still, on those nights when we put aside the remote and we start looking at each other—really *looking* at each other again—you will emerge, slowly. Then there you are. I can tell it's you, because your eyes get narrow and you claw at my arms and say wonderfully dirty things—things the nice woman who picks our son up at preschool shouldn't even know how to say.

And I smile and think, *Welcome back*.

Love, YOUR HUSBAND

I love your optimism

Carole,

You have a way of transforming the negative into the positive. In the last two days, I demolished the garage door and broke the computer—and you reminded me that they were only material things. When I'm about to crack, you take me to dinner and we talk about other stuff. I've been passionately in love with you for 12 years, and it's just the beginning.

LOVE, GILLES

Gilles Marini, actor, *Brothers & Sisters*

I love your very bad housekeeping

O, Annabelle...

Why am I charmed by the way you rip open cartons of cereal, packages of deli meats, and bags of potato chips like you are a feral, starving animal? Whenever I see those slashed, leaking, torn-asunder containers, I gush with amorous affection. And I'd love for some scientist to explain how you can jam your laundry into the washer like you're stuffing a holiday turkey, let your clothes sit in the dryer for days before pulling them out all stuck together, and then shove them unfolded into your dresser—and yet the moment you put them on, they look amazing! You go out all professional and pressed, but I get to see the genuine you, the raw, wild, sexy Annabelle; my undomesticated bride.

JEFF

Jeff Kahn is the coauthor (with wife Annabelle Gurwitch) of *You Say Tomato, I Say Shut Up: A Love Story*.

I love your hot home cooking

Khloe,

There is nothing sexier than a woman who can cook and look great doing it. Before we got married, we were living in a hotel, so I didn't know you had so much skill in the kitchen. Then we moved into our house, and that first time you made me a pasta dinner, I watched you in action in your red Louboutin heels. Dinner was delicious and ready in minutes! They say, "The way to a man's heart is through his stomach." I got lucky with you.

Yours, Lamar

Lamar Odom, forward for the Los Angeles Lakers and husband of Khloe Kardashian



Yes, this does count as a love note from your husband!

I love your no-BS policy

My Darling,

Do you remember yesterday, Saturday, the early afternoon? The kids were destroying our apartment with Sharpies and a Phillips-head screwdriver, and I was on the sofa in a half-doze, pretending to be monitoring them, while you replied to an urgent email from your family? Well, at that moment I started to think about how busy we always are, with our kids, our work, and replying to urgent emails. Time never slows down enough, I thought, for me to tell you all the reasons I love you, how there is no one else I'd rather talk to, eat with, raise vandals with.

But if I had to pick the one thing I love most, it might be that you tell it to me straight. We don't act "romantic," or fetishize each other's domestic habits. We call it like we see it. When I say, for example, "Back off, I *do* inspect the berries before I buy them," and you regard me with that wicked beam in your brown eyes and say, "Nice try, freak show," more love has passed between us than in a thousand lousy sonnets.

Love, ME

Sam Lipsyte is the author of The Ask.

I love your wisdom

Dear Lisa,

On the sunny lawn of your parents' home exactly 25 years ago, I made the smartest decision of my life and married you. True, we have pushed every button in our psyches, which might explain why you stomped on my wedding tux (before I donned the outfit) but still walked down the aisle with me.

Since then, you've taught me that adults never really grow up; rather, we learn how to act in public and hide the deeper emotions that underlie the actions we choose. Over the course of our marriage, you've learned that, like most men, I best understand simple concepts expressed directly, especially when written—which may explain the lists you frequently leave on my desk. Perhaps out of desperation, you finally broke down and outlined your lessons for me in your book, *Us*. You compiled a quarter century of pillow talk (offered as sleep descended on my cardiac surgery-focused brain) in order to teach me and others that we best achieve personal growth through relationships.

Whenever you are happy, I celebrate. Wherever you are, there is my Eden.

Love forever, MEHMET

Mehmet Oz is the coauthor of You: Raising Your Child.

I love your secret messages

Mellie,

I love our silent lingo.

We can have a whole "conversation" undetected in a group, solely through meaningful glances and subtle expressions. After 18 years, you can still knock me out with a look.

JOSH

Joshua Malina, actor, In Plain Sight

one dream twenty real

Bright and modern
yet supercozy,
this kitchen would
have us rushing
out of bed to make
breakfast every
morning. Want to
get the look?
Read on.

"This house is near the ocean and the room has a light feel to reflect the casual, fun spirit of the beach," explains interior designer Victoria Hagan, the creative genius behind this kitchen. "I love that someone can be at the sink or the stove and still be able to have a conversation with everyone."

kitchen ideas

We did the
shopping—
now you
browse the
great deals!



the windows are shade-free, to maximize sunlight.

a glossy wood table sets a countryish mood.

Just a few well-chosen extras freshen and brighten everything.

Woven chairs create an airy effect yet feel really welcoming. For classic French appeal and a dose of pretty blue, go for bistro chairs; for a quieter look, choose white wicker. **1** American Country Home Store chair, \$266. **2** Ballard Designs chair, \$349 for two. **Always have color at the center of your table.** We couldn't believe these apples: *fake!* **3** Artificial apples, \$10 for five. Modern Chic Flea Market bowl, \$45. **Retro-style ceiling fixtures** are as practical as track lighting but much prettier. **4** Schoolhouse Electric Co. fixture, \$150. **Do a little strategic D.I.Y.** For a quick change with major impact, switch up your pulls. These have a great, library-ish vibe. **5** Restoration Hardware pull, \$9 to \$22. **To amplify light, use high-gloss paint in a pale color.** (For extra credit—and the gorgeous beach-cottage look you see here—paint and install beadboard on walls and ceiling.) **6** Benjamin Moore paint, \$56 per gallon. **Invest a little to get a great payoff:** New countertops make it look like a total reno. The key is to get ones that'll last, and quartz composite won't scratch, stain, or crack. **7** Caesarstone countertop, \$75 to \$100 per square foot.

Turn for more tips!



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BASIL

LEMON VERBENA

GERANIUM

LAVENDER

Play with a mix of sunny yellows and cool blues: These graphic prints and classic shapes will step things up in a flash.

Toss a fun woven runner over a table or kitchen island. **8** Ikea table runner, \$6. **With a round pedestal table**, there's always room to squeeze in one more chair. (There goes the excuse to your crazy brother-in-law.) **9** Ballard Designs table, \$379. **Pendant lamps** make an elegant statement; use ones that are similar but not matching over islands and eating areas to visually separate space. **10** Sea Gull Lighting pendant, \$208. **12** Sea Gull Lighting pendant, \$81. **A big striped bowl** can hold a batch of cookie dough or just sit there, looking pretty. **11** Joanne Hudson Annapolis Bowl, \$45. **Hang an oversize wall clock**. It's like functional art for your kitchen. **13** Lamps Plus wall clock, \$92. **Keep the kettle out** to deliver a burst of color. **14** Le Creuset kettle, \$70. **Put down an indoor/outdoor rug** wherever you stand the most; it's sturdy and incredibly easy to clean up. **15** Pottery Barn rug, \$49 to \$149. **These vintage-chic potholders and towels** are a fantastic value—so you won't have to mourn when you inevitably stain them. **16** DwellStudio for Target textile set, \$20. **Ladder-backed stools** turn even the smallest counter into a breakfast bar. **17** Bar stool, \$210. **Flowers in a rustic pitcher** draw attention away from clutter. **18** Joanne Hudson Falmouth Pitcher, \$40. **Hide staples** in these adorable numbered ceramic canisters. **19** Target canisters, \$15 to \$20. **These pretty Provençal dishes** are family-proof: They're durable, dishwasher-friendly melamine! **20** Le Cadeaux plate, \$12.



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PASTA ALLA NORMA

A month of **weeknight** dinners!

Speedy (one takes three minutes) and delish ideas to get you through October. No repeats! Plus:

- **Skinny-fied** quesadillas
- Inside **Eva Longoria Parker's** kitchen
- October's **superfood** (is it in *your* grocery cart?) ➔

No microwave. **No staring contests with the fridge.** Just fresh and superfast dinners that'll keep you sane—and the whole gang **satisfied.** By Frank P. Melodia

(from previous page)

← Pasta alla Norma *Cooking time: 11 minutes*

Bring a large pot of lightly salted water to boil for pasta. Meanwhile, heat 3 Tbsp **olive oil** in a large nonstick skillet over medium-high heat. Add 1 **large onion** (thinly sliced) and 4 **garlic cloves** (sliced); sauté 3 minutes. Add 1¼ lb peeled **eggplant** (cut into ¾-inch cubes) and ½ tsp **kosher salt**. Sauté over high heat 5 minutes longer, or until eggplant is lightly browned. Add 1 (28-oz) can **fire-roasted diced tomatoes** and 1 Tbsp **tomato paste**; cover and

cook 3 minutes longer, until eggplant is tender. Add 1 lb **garganelli** or **whole-wheat penne** to boiling water and cook as package directs, about 8 minutes. Drain pasta; return to pot. Add eggplant sauce and ½ cup chopped **basil**. Top servings with dollops of **ricotta cheese** and a sprinkling of **crushed red pepper flakes**.

*Makes 6 servings (or 4 servings with leftovers).
Each serving: 425 cal, 12g fat, 14g protein, 72g carb*



VIETNAMESE
LIME-CHICKEN PATTIES

TOMATO-SHRIMP
RISOTTO



Tomato-shrimp risotto

Cooking time: 25 minutes

In a large saucepan, sauté 1 cup **chopped onion** in 1 Tbsp **each olive oil** and **butter** over medium-high heat 4 minutes. Add 1½ cups **risotto rice**, stir 1 minute, then add ½ cup **white wine** and cook until absorbed. Stir in 1 (14½-oz) can drained **diced tomatoes** and 3 cups **hot chicken stock**. Bring to a boil, reduce heat to low, cover, and simmer 10 minutes, stirring once. Stir in 1 lb peeled, deveined **large shrimp** (halved lengthwise), 1½ cups **frozen green peas**, and 1 more cup hot stock. Cover and simmer, stirring twice, until rice is al dente and shrimp cooked through, 10 minutes. Remove from heat. Stir in 1½ Tbsp **butter**, 1 cup grated **Parmesan cheese**, and **salt** and **pepper** to taste.

*Makes 4 servings.
Each serving: 592 cal, 20g fat, 37g protein, 61g carb*

Vietnamese lime-chicken patties

Cooking time: 10 minutes

Combine 1 lb **ground chicken**, ⅓ cup **each** chopped **scallions** and **cilantro**, ¼ cup **plain breadcrumbs**, the grated zest and juice of 1 **small lime**, 1 Tbsp **fish sauce**, 2 **serrano chiles** (seeded and minced), and 1 tsp **each garlic paste** and **kosher salt**. Shape into 8 patties. Brush with **vegetable oil** and cook in a nonstick skillet over medium heat, 4 to 5 minutes per side until cooked through. Side idea: white rice or packaged sesame or peanut noodles.

*Makes 4 servings.
Each (2-patty) serving: 179 cal, 11g fat, 15g protein, 7g carb*



Ready in a flash, and kinda gorgeous, right?

Taleggio, prosciutto, and arugula pizza

Cooking time: 11 minutes

Place a large pizza stone (or large heavy baking sheet) on lowest rack of oven; heat oven to

500°F. On a lightly floured 15-inch sheet of nonstick foil or parchment paper, using a rolling pin, roll out and stretch a 1-lb piece of store-bought **pizza dough** into an irregularly shaped 15x12-inch rectangle. Lightly prick dough all over with a fork;

top with 1 small **red onion** (cut into thin slices), 12 pitted **oil-cured olives** (cut in half), and ¼ cup **pine nuts**. Drizzle with 2 Tbsp **olive oil**. Using a cookie sheet or pizza peel, transfer the dough off the foil or parchment onto hot baking sheet.

Bake 8 minutes, or until top is puffed and light golden. Remove from oven; top with ½ lb thin slices **taleggio cheese** (rind removed). Bake 3 minutes longer, until cheese is just softened. Remove from oven; top with 4 cups **baby arugula**

tossed with 2 tsp **olive oil**. Place 4 or 5 slices of **prosciutto** over arugula. Drizzle with **olive oil** and **freshly ground pepper**.

*Makes 4 servings.
Each serving: 672 cal,
34g fat, 29g protein,
57g carb*

SAUSAGE-AND-RICE-STUFFED PEPPERS



Sausage-and-rice-stuffed peppers

Cooking time: 20 minutes

Heat oven to 400°F. Halve 4 red, yellow, or orange bell peppers lengthwise and remove seeds. Place in a large roasting pan, cut sides up, and coat with olive oil spray. In a large bowl, toss 3 cups cooked brown rice, 8 oz fully cooked spicy Italian chicken sausage links (diced), 4 sliced scallions, 2 Tbsp fresh oregano, 2 cups marinara sauce, and 1 cup shredded mozzarella cheese; fill pepper cavities with mixture. Cover peppers with foil and bake 20 minutes until peppers are tender. Serve with extra marinara sauce. Side idea: a mixed green salad.

*Makes 4 servings.
Each serving: 412 cal,
14g fat, 22g protein,
51g carb*

Curried red lentil soup

Cooking time: 25 minutes

In a large soup pot, combine 6 cups low-sodium chicken broth, 1 (14½-oz) can Muir Glen fire-roasted petite diced adobo-seasoned tomatoes, 1½ cups each red lentils and finely chopped onion, 1 Tbsp crushed garlic, 1 tsp ground cumin, and ¼ tsp cayenne pepper. Bring to a boil, reduce heat to low, cover, and simmer 25 minutes, or until lentils have disintegrated. Ladle into bowls and garnish with cooked rice, baby spinach leaves, toasted sliced almonds, and plain yogurt. Side ideas: warm flatbreads and lemon wedges.

*Makes 6 servings (or 4 servings with leftovers).
Each serving: 286 cal,
3g fat, 19g protein,
49g carb*

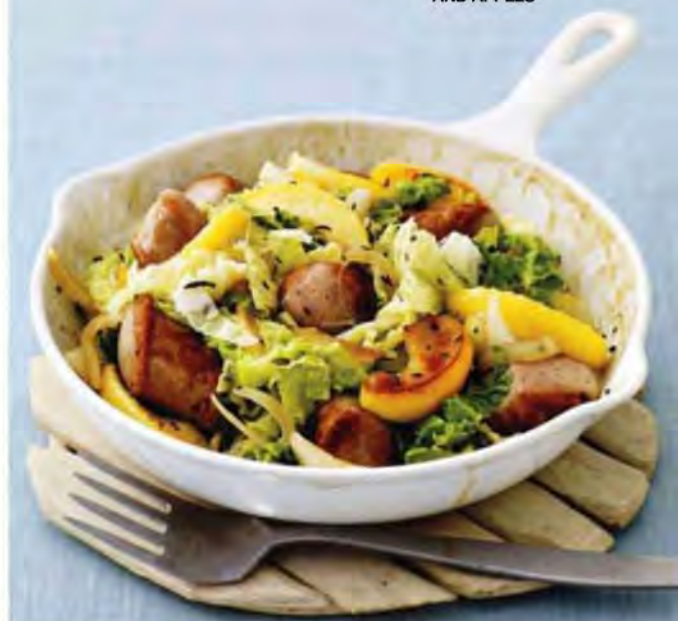
Brats with cabbage and apples

Cooking time: 17 minutes

Cut 4 cooked, smoked bratwurst links into thirds diagonally and brown in 2 Tbsp canola oil in a deep skillet 3 minutes; remove from skillet. Add 1 large onion (cut into strips) to skillet and sauté until softened, about 4 minutes. Add 2 Tbsp cider vinegar and 1 cup apple cider; reduce by half. Add 1 lb (5 cups) shredded cabbage, 2 sliced Golden Delicious apples, 1 tsp caraway seeds, and 1 Tbsp chopped sage. Cover and simmer 5 minutes; return brats to cabbage mixture, cover, and cook 5 minutes longer. Serve with sour cream.

*Makes 4 servings.
Each serving: 421 cal,
30g fat, 12g protein,
28g carb*

BRATS WITH CABBAGE AND APPLES





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CHICONOMICAL CELEBRATIONS

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“THE START OF THE FALL SEASON BRINGS NEW ENERGY AND BOUNDLESS OPTIONS FOR CELEBRATING WITH FRIENDS.”

—CATHY RIVA, CELEBRITY PARTY PLANNER



Summer's laid-back, balmy days may be behind you, but good times with your gal pals don't have to be. You might have to work a little harder to get everyone together now that your schedules are busier—but you can and should do it. Consider these chiconomical tips from celebrity party planner Cathy Riva to help you fall into fun.

- 1 Pencil it in.** Get out your calendars and plan one party a month for the next few months. Setting up dates in advance and putting it in writing boosts the chances that everyone can attend.
- 2 Pick a monthly theme.** Whether you gather to watch your favorite TV show, meet for a book group, or mix it up each month, what you do isn't as important as whom you're doing it with.
- 3 Make it potluck.** Rotate which girlfriend's house you'll party at and make it potluck so the planning and prep are a cinch for everybody.
- 4 Book the babysitter.** Make childcare easy and inexpensive for all by gathering the kids at one house with a sitter or the dads while you hang out at another.
- 5 Mix in cocktails.** When the good times are flowing, the cocktails should be, too. It's easy to whip up a batch of fresh-tasting margaritas with **Sauza® Silver Tequila**, no matter what the get-together.

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| 1 Can of Champagne | 1 Can of Water |
| 2/3 Can of Sauza® Silver Tequila | |

Pour limeade into pitcher with ice. Fill limeade can with Champagne and pour into pitcher. Then fill limeade can with 2/3 Sauza® Silver and 1/3 DeKuyper® Strawberry and pour in. Lastly, add a can of water, stir, and serve over ice. Makes 9 delicious drinks, perfect for any ladies night in.



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GET THE SAUZA OUT FOR LADIES NIGHT IN

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LAMB CHOPS WITH MOROCCAN SALAD

A meat-lover's meal that clocks in under 500 calories? Answered prayers, people.



GRILLED VEGETABLE SANDWICHES



BAKED ZITI WITH MEATBALLS



CRANBERRY TURKEY CUTLETS



Cranberry turkey cutlets

Cooking time: 4 minutes

In a bowl, mix a 16-oz can **whole-berry cranberry sauce**, 1 large ripe **pear** (diced), 2 thinly sliced **scallions**, 1 Tbsp **cider vinegar**, and 1 fresh minced **chile**. Season 8 thin **turkey cutlets** with **salt** and **pepper** and dust with **flour**. Heat 1 Tbsp **canola oil** and **butter** in a large skillet over high heat; cook cutlets about 3 minutes, turning once, until lightly golden, and remove to a plate. Heat 1 Tbsp **butter** in the same skillet and cook ¼ cup fresh **sage leaves** until crisp, about 1 minute; pour over cutlets. Side ideas: cranberry sauce, prepared bread stuffing or rice, and a steamed green veggie.

*Makes 4 servings.
Each (2-cutlet) serving:
408 cal, 10g fat,
28g protein, 53g carb*

Lamb chops with Moroccan salad

Cooking time: 8 minutes

In a small bowl, mix ½ tsp **each ground cumin, coriander, and pumpkin-pie spice** with 1 tsp **garlic paste**. Rub mixture over 8 **rib or loin lamb chops**. Cook chops in a large skillet in 2 Tbsp **olive oil** over medium-high heat, 3 to 4 minutes per side (for medium-rare). Serve on a salad of drained canned **chickpeas** tossed with 1 cup diced **tomato**, ½ cup **each sliced red onion** and **crumbled feta cheese**, and a handful of **fresh mint leaves**, dressed with 3 Tbsp **olive oil**, 2 Tbsp **fresh lemon juice** and **freshly ground pepper** to taste.

*Makes 4 servings
Each serving: 461 cal,
29g fat, 34g protein,
16g carb*

Grilled vegetable sandwiches

Cooking time: 15 minutes

Slice a large **eggplant**, a **zucchini**, and a **sweet onion** into ¼-inch-thick rounds. Coat vegetables with **olive oil** spray and season with **salt** and **pepper**. Grill on a hot stovetop grill pan, 10 to 15 minutes or until browned and tender. Split 4 **Portuguese rolls** and spread each with 1 Tbsp **olive tapenade**; line with fresh **baby spinach leaves**. Top with vegetables, slices of **fresh mozzarella**, and **roasted red pepper strips**. Drizzle with **vinaigrette dressing**.

*Makes 4 servings.
Each serving: 348 cal,
12g fat, 13g protein,
48g carb*

Baked ziti with meatballs

Cooking time: 24 minutes

Heat oven to 450°F. Cook 1 lb **ziti** in lightly salted water until al dente, about 9 minutes. Meanwhile, in a deep skillet, simmer 1 lb small refrigerated fully cooked **meatballs** in 3 cups **marinara sauce** until hot, about 8 minutes. Drain pasta and stir into meatball mixture; transfer to a baking dish. Stir in 2 cups **shredded mozzarella**. Top with ½ cup **grated Parmesan cheese**. Bake until top is browned, about 15 minutes.

*Makes 6 servings (or 4 servings with leftovers).
Each serving: 610 cal,
18g fat, 38g protein,
73g carb*



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ORANGE BEEF



ROASTED HALIBUT WITH GRAPEFRUIT SALSA



GAUCHO STEAKS WITH GRILLED PEPPERS

Gaucho steaks with grilled peppers

Cooking time: 10 minutes

Cut 1½ lb **skirt steak** into 4 even pieces; rub both sides with **coffee spice rub** or your favorite **dry rub** for steaks. Thread 16 **baby sweet bell peppers** onto 2 flat skewers. Brush steaks and peppers with **olive oil**; cook on a hot stovetop grill pan, 8 to 10 minutes for the peppers and 3 to 4 minutes per sides for the steaks (for medium-rare). Serve steak sliced with peppers, warm **corn tortillas**, crumbled **queso fresco** or **farmer's cheese**, and chopped **cilantro**.

*Makes 4 servings.
Each serving: 324 cal,
17g fat, 34g protein,
17g carb*

Orange beef

Cooking time: 7 minutes

Cut a ¾-lb **beef fillet** into ¼-inch-thick strips; season with **salt** and **pepper**. Heat 2 tsp **canola oil** in a large nonstick wok or skillet over medium-high heat. Stir-fry half the beef 30 seconds; remove to a bowl. Stir-fry remaining beef; add to bowl. Add 1 Tbsp oil to wok; add 1 lb quartered **baby bok choy**, 1 **onion** (cut into thin strips), and 4 strips of **orange peel**; stir-fry 2 minutes. Add 3 Tbsp **water**; cover, cook 2 minutes. Uncover; add ¼ cup **orange stir-fry sauce** and 2 tsp **garlic paste**; stir-fry 1 minute. Add meat and juices back to wok with **segments from 2 oranges**; stir-fry 30 seconds. Sprinkle with **crushed red pepper**.

*Makes 4 servings.
Each serving: 326 cal,
21g fat, 18g protein,
19g carb*

Roasted halibut with grapefruit salsa

Cooking time: 12 minutes

Heat oven to 450°F. Cut away the peel and pith from 2 large **red or pink grapefruit**; cut segments into a bowl; snip segments into smaller pieces. Add juice from membranes, 1 seeded and minced **red Fresno or jalapeño chile**, 3 Tbsp diced **red onion**, 2 Tbsp slivered fresh **basil leaves**, and 1 tsp **thyme**. Brush 4 (6-oz) **halibut fillets** (1 inch thick) with **vegetable oil** and season with **salt** and **pepper**. Roast on a baking sheet lined with parchment paper or nonstick foil 10 to 12 minutes, until cooked through. Spoon **salsa** over fish.

*Makes 4 servings.
Each serving: 251 cal,
7g fat, 35g protein,
10g carb*



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RUSTIC EGGS IN TOMATO SAUCE



Rustic eggs in tomato sauce

Cooking time: 12 minutes

Toast 4 large, thick slices from a loaf of round **rustic bread** under the broiler; set aside. Meanwhile, sauté 1 large **yellow summer squash** (diced), 1 thinly sliced **leek**, and 2 tsp **crushed garlic** in 2 Tbsp **olive oil** in a large, deep skillet over medium heat for 3 minutes. Add ½ cup **white wine** and boil 1 minute. Add 2 cups

marinara sauce and several **fresh thyme sprigs**; bring to a full simmer. Crack 8 large **eggs** into simmering sauce, cover, and let cook on low 5 minutes, until eggs are soft set. Uncover; season with **kosher salt** and **ground black pepper**. Scatter ½ cup shaved **Parmesan cheese** over eggs. Cover; let eggs stand 3 minutes. Spoon 2 eggs with sauce over each bread slice.

*Makes 4 servings.
Each serving: 438 cal,
24g fat, 22g protein,
34g carb*

GINGER SALMON SKEWERS WITH ASIAN SLAW



Ginger salmon skewers with Asian slaw

Cooking time: 6 minutes

Cut 4 (6-oz) **skinless salmon fillets** (1 inch thick) into large cubes and thread on skewers. Whisk in a medium bowl 2 Tbsp **each vegetable oil**, minced fresh **cilantro**, and **soy sauce**, 1 Tbsp **each** grated **fresh ginger** and fresh **lime juice**, and ½ tsp **sugar** until well combined; brush over salmon. Cook salmon on a hot stovetop grill pan, 2 to 3 minutes per side (for medium). Toss together 4 cups shredded **Napa cabbage**, 1 cup shredded **carrots**, ½ cup sliced **radishes**, 1 minced **shallot**, and ½ cup chopped fresh **cilantro**. Season with **rice vinegar**, **salt**, and **pepper** to taste.

*Makes 4 servings.
Each serving: 244 cal,
11g fat, 27g protein,
8g carb*



THAI BASIL SHRIMP

Thai basil shrimp

Cooking time: 5 minutes

In a small bowl, combine 3 thinly sliced **shallots**, 2 tsp chopped **garlic**, and 1 to 2 sliced **red or green chiles**. In another bowl, combine 2 Tbsp **fish sauce**, 1 Tbsp each **soy sauce** and **lime juice**, 2 tsp **brown sugar**, and $\frac{1}{2}$ cup Thai or regular **basil leaves**. Heat 2 Tbsp **peanut oil** in a large wok or skillet over medium-high heat; add shallot mixture and cook until garlic is lightly golden, 1 minute. Add 1 lb peeled **large shrimp** with tails; stir-fry 1 minute. Add soy sauce mixture and stir-fry until shrimp are just cooked through, 2 to 3 minutes. Side idea: Serve over jasmine rice.

*Makes 4 servings.
Each serving: 184 cal,
8g fat, 20g protein,
9g carb*

Q:

How can I preserve lunchtime without any preservatives?



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CORN, AVOCADO, AND
BLACK-BEAN TOSTADAS

Corn, avocado, and black-bean tostadas

Cooking time: 3 minutes

Spray a large nonstick skillet with **olive oil spray** and heat over medium-

high heat; add 2 cups fresh or thawed frozen **corn kernels** and 1 large **zucchini** (diced). Sauté 3 minutes; transfer to a bowl. Stir in 1½ cups quartered **grape tomatoes**, ⅓ cup chopped **red onion**, ¼ cup chopped fresh

cilantro, 1 seeded and minced **chipotle chile** in adobo sauce, 2 tsp of the **adobo sauce**, 2 Tbsp fresh **lime juice**, and ½ tsp **kosher salt**. Spread each of 8 crisp **tostada shells** with 2 Tbsp heated **refried black beans** and

top with shredded **lettuce**. Spoon corn mixture over lettuce, then top with slices of **Hass avocado** and crumbled **queso fresco**.

*Makes 4 servings.
Each serving: 417 cal,
19g fat, 14g protein,
55g carb*

Lemon oregano chicken

Cooking time: 12 minutes

Toss 8 trimmed boneless, skinless **chicken thighs** (2 lbs) with 3 Tbsp each fresh **lemon juice** and **olive oil**, 2 Tbsp chopped fresh **oregano leaves**, 2 tsp **garlic paste**, and $\frac{1}{2}$ tsp each **crushed red pepper flakes** and **kosher salt**. Cook on a hot stovetop grill pan 12 minutes, turning once or twice until cooked through. Side idea: a green salad.

*Makes 4 servings.
Each serving: 315 cal,
22g fat, 27g protein,
2g carb*



LEMON OREGANO CHICKEN

Q:

How can
I make lunch
without the
same old
baloney?



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Pork chops with mustard cream sauce

Cooking time: 11 minutes

Cook 4 slices **bacon** in a large skillet until crisp; drain bacon on paper towels and reserve drippings in skillet. Season 4 ($\frac{3}{4}$ -inch-thick) **boneless pork chops** with **kosher salt** and **pepper**; lightly dust with **flour**. Cook in bacon drippings over medium heat 7 minutes, turning once (until internal temperature reaches 145°F). Remove chops to a plate; add 1 minced **shallot** to skillet and sauté 30 seconds. Deglaze skillet with $\frac{1}{2}$ cup **white wine**, then whisk in $\frac{2}{3}$ cup **heavy cream** and 1 tsp **Dijon mustard**; let sauce reduce by half. Return chops to sauce; simmer 3 minutes, until hot and slightly pink in the middle when cut. Serve with 1 lb steamed **Brussels sprouts** topped with the crisp bacon.

*Makes 4 servings.
Each serving: 447 cal,
31g fat, 30g protein,
14g carb*

Lemon-honey-glazed roast chicken

Cooking time: 5 minutes

Heat oven to 500°F. Place a fully cooked **rotisserie chicken** on a shallow baking dish. Cut a large **lemon** in half; squeeze the juice from one half over chicken. In a small cup, mix $\frac{1}{4}$ cup **honey**, juice from the remaining lemon half, 1 tsp **Spanish smoked sweet paprika**, and $\frac{1}{4}$ tsp each **kosher salt** and **freshly ground pepper**. Brush glaze over chicken; roast 5 minutes. Cut chicken into serving pieces and spoon juices from baking dish over pieces.

*Makes 4 servings.
Each serving: 349 cal,
14g fat, 38g protein,
20g carb*



PORK CHOPS WITH MUSTARD CREAM SAUCE



LEMON-HONEY-GLAZED ROAST CHICKEN

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†Except that which occurs naturally in yeast extract and hydrolyzed vegetable proteins.



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Scary good!

Make these Halloween desserts for your kids. Because you don't want any. Because you're too grown up. *Yeah, right.*

Spiderweb whoopie pies

Prep time: 20 minutes | Cooking time: 22 minutes

WHOOPIE PIES

- 1 (18.25-oz) box chocolate fudge cake mix with pudding in the mix
- 3 large eggs
- $\frac{1}{2}$ cup each canola oil and water

FILLING

- 1 cup (2 sticks) unsalted butter, softened
- 2 cups confectioners' sugar
- 1 ($7\frac{1}{2}$ -oz) jar Marshmallow Fluff
- 4 oz cream cheese, softened
- 2 tsp orange extract
- Orange gel food coloring

SPIDERWEB GLAZE

- 1 cup confectioners' sugar
- $\frac{1}{2}$ Tbsp milk or water

1. **Whoopie pies:** Beat all ingredients in a bowl with a mixer on medium speed 3 minutes, or until batter is smooth. Let batter rest 30 minutes.

2. Heat oven to 400°F. Line several cookie sheets with parchment paper. Drop level $1\frac{1}{2}$ Tbsp of batter into mounds on baking sheets, spacing them 3 inches apart (6 to 8 mounds per sheet; you will get 24 mounds).

3. Bake each sheet 11 minutes, or until cakes are puffed and a pick inserted into centers comes out clean. Transfer to a wire rack and cool completely. Bake remaining cakes.

4. **Filling:** In a large mixer bowl, cream together butter and sugar until fluffy. Add Marshmallow Fluff, cream cheese, and orange extract; continue mixing until blended. Tint filling a pale orange with food coloring.

5. To assemble pies, spread the flat side of 1 cake with 2 Tbsp of the filling; top with another cake, pressing down gently to distribute the filling evenly.

6. **Spiderweb glaze:** Mix ingredients in a small bowl until thick and smooth. Transfer glaze to a small zip-top food-storage bag. Snip off a corner of bag and pipe a spiderweb design on top of each whoopie pie. Let glaze dry until hardened.

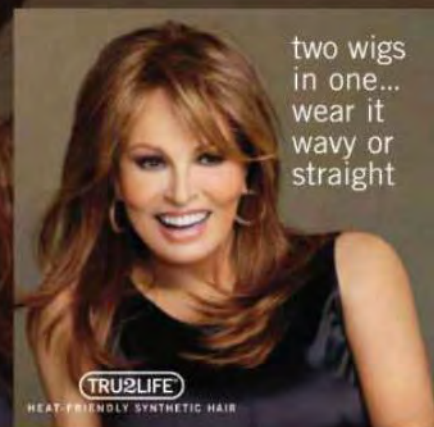
Makes 12 whoopie pies.



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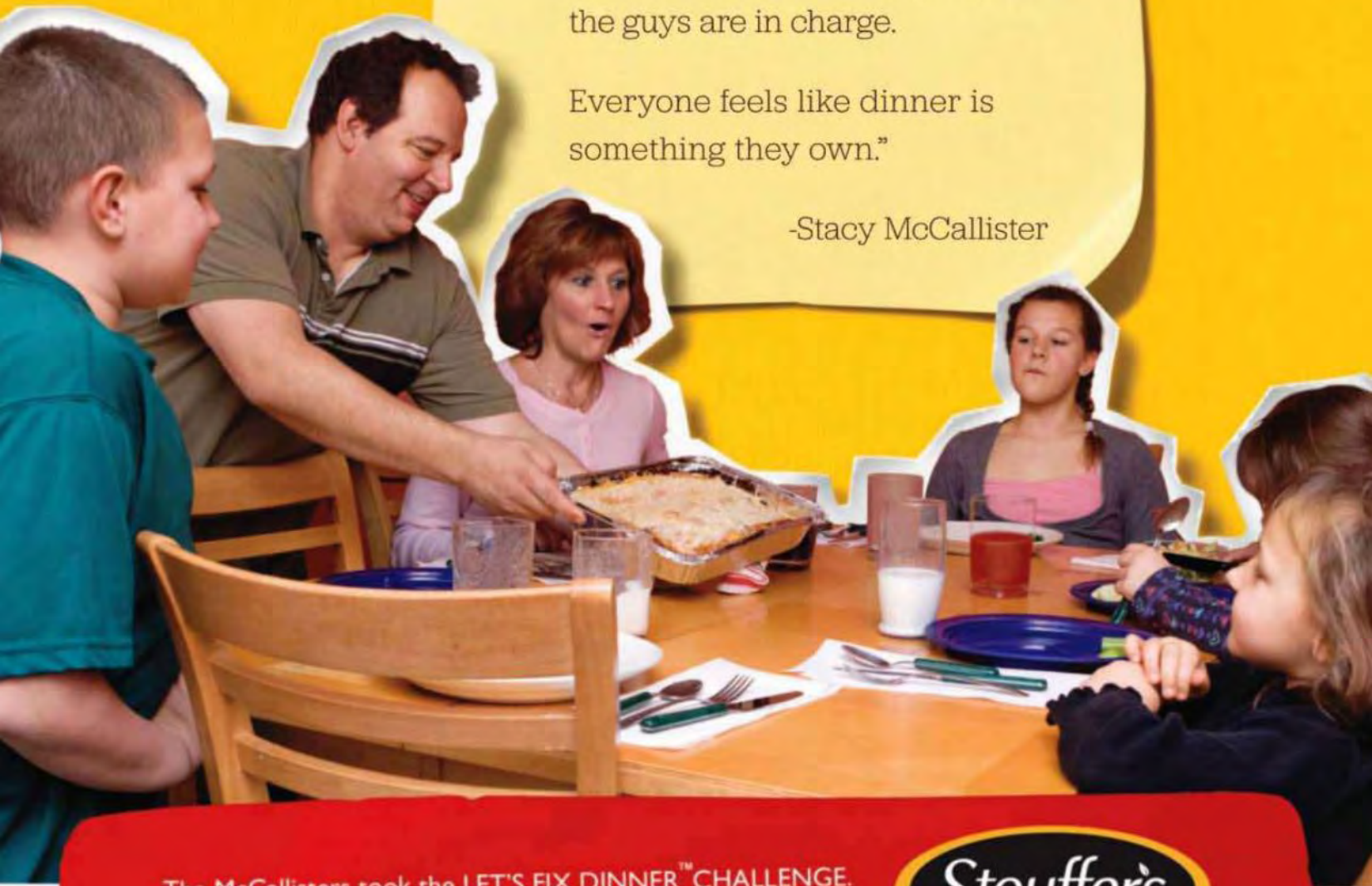
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Having a real family dinner isn't impossible. You just **need a little help.**

"With our busy schedules, the only way we can share dinner as a family is if everyone pitches in. The youngest kids set the table, my daughter makes the salad and on Wednesday nights, the guys are in charge.

Everyone feels like dinner is something they own."

-Stacy McCallister



The McCallisters took the LET'S FIX DINNER™ CHALLENGE.
See what happened and share your story at letsfixdinner.com





ALL YOU NEED:

- 1 (1-lb) frozen pound cake, removed from carton
- 1 (16-oz) tub dark-chocolate frosting
- Black gel or paste food coloring
- 1 (10.75-oz) frozen pound cake, removed from carton
- 1 (16-oz) tub vanilla frosting
- 1 cup raspberry jam

Decorations: chocolate wafer cookie crumbs, candy-bone sprinkles, and toy insects

Mummy cake Some pound cake, some frosting, and it's a wrap!
Total time: 2 hours (includes chilling)

1. **Using the photo** as a guide, cut the 1-lb frozen pound cake into a coffin shape by cutting off diagonal slices from each corner. Starting $\frac{1}{2}$ inch in from the edges of cake, using a small paring knife, carefully cut out a 2-inch-deep hollow in the middle of the cake, leaving a $\frac{1}{2}$ -inch wall of cake around the edges of the coffin. Place on a serving plate.
2. **Spoon chocolate frosting** into a large, microwave-safe bowl; tint frosting black with food coloring. Microwave on high 10 to 15 seconds, stirring once, just until frosting reaches a thin glaze consistency. Carefully spread glaze over coffin cake to cover the sides and inside the hollow in a thin, even layer. Refrigerate to harden glaze.
3. **With paring knife**, carve the second, smaller pound cake into a mummy shape

that will fit inside the hollow of the coffin cake. Place mummy cake on a wire rack set over waxed paper. Spoon half of the vanilla frosting into a microwave-safe bowl; microwave on high 10 to 15 seconds, until pourable. Pour glaze over mummy cake to cover, and refrigerate to harden glaze.

4. **Place remaining** vanilla frosting into a disposable pastry bag fitted with a flat tip. Pipe frosting "bandages" over mummy cake, as shown in photo. Refrigerate to harden frosting.

5. **Spread raspberry jam** in hollow of coffin cake. Carefully place mummy cake on top of the jam layer.

6. **Mound chocolate cookie** crumbs around base of cake on serving plate. Decorate with candy-bone sprinkles, toy insects, and whatever else spooks you!

Makes 12 servings. —RECIPES BY FRANK P. MELODIA



A favorite
 that gets
 everyone
 to the table.



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Dressed-up tortellini, in under 15 minutes! Break the “been there, ate that” rut with new takes on the pasta staple. Six ingredients, three steps, and dinner is done *better*.



Tortellini Amatriciana

1. In a large saucepan, heat some olive oil over medium heat. Add onion, garlic paste, pancetta, and red pepper flakes; sauté 2 minutes. Stir in tomatoes with juices and some kosher salt to taste, breaking up tomatoes with the back of a spoon. Bring to a boil, reduce heat, and simmer 13 minutes.

2. Meanwhile, heat a saucepan of salted water to boiling. Add fresh or frozen tortellini and cook according to package directions; drain.

3. Add tortellini to sauce, tossing to coat. Serve with freshly grated Parmesan cheese.

Makes 6 servings (or 4 servings with leftovers).

Each serving: 257 cal, 10g fat, 12g protein, 30g carb



Tortellini with pine-nut brown-butter sauce

1. Heat a saucepan of salted water to boiling. Add fresh or frozen tortellini and cook according to package directions.

2. Meanwhile, melt butter in a large, deep skillet over low to medium heat. Add onion and chopped sage and cook 3 minutes. Add whole sage leaves and pine nuts to skillet and cook until sage leaves are crisp and butter is golden brown. (Watch carefully, because butter goes from golden to burned quickly.)

3. Place spinach in a colander. Drain tortellini over spinach to wilt. Add tortellini and spinach to skillet with brown butter, tossing to coat. Sprinkle with freshly shredded Parmesan cheese, kosher salt, and freshly ground pepper to taste.

Makes 6 servings (or 4 servings with leftovers).

Each serving: 369 cal, 25g fat, 11g protein, 30g carb



Turns the Dubinsky residence
into the *Dubinsky*
RISTORANTE



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All it takes is a pour of new restaurant-style Bertolli® Four Cheese Rosa Sauce with four kinds of cheese, tomatoes and fresh cream for anyone to feel inspired and create an Italian restaurant-worthy meal at home in no time. Just ask the Dubinskys.

For your own menu of ideas visit BertolliRistorante.com.



Italy is served.

Cheesy, gooey, and healthy! Want to slim down dishes from your fave sit-down restaurants? Thought so. This month, we've skinny-fied Chevys Fresh Mex's Crab & Shrimp Quesadilla—without sacrificing the flavor you love.



WAIT! DON'T ORDER THIS...

Chevys' quesadilla
1,790
CALORIES
126 grams of fat

WHY SO HIGH? Restaurant quesadillas are often overstuffed with cheese, fried in oil, and made on huge, Frisbee-size tortillas. Our still-generous version saves you nearly an entire day's worth of calories!

REDBOOK's shrimp and crab quesadilla

- 8 oz each cooked shrimp and lump crabmeat
- 1/2 cup fresh corn kernels (char them in a skillet for even more flavor)
- 1/2 cup pico de gallo or chunky salsa
- 1/4 cup nonfat sour cream
- 2 habañero chiles, seeded, finely diced
- 1 1/2 cups each shredded pepper jack cheese and cheddar cheese (3/4 lb)
- 8 8-inch nonfat flour tortillas

1. In a medium bowl, combine shrimp, crab, corn, pico de gallo, sour cream, and chiles.
2. Top each of 4 tortillas with 3/4 cup cheese and 3/4 cup of the shrimp-crab mixture, then place remaining tortillas on top.
3. Cook quesadillas in a nonstick skillet over medium heat until browned, 3 to 4 minutes; flip and cook 3 minutes more or until cheese is melted. Cut each into six wedges. Makes 6 servings (4 wedges each).

Each serving: 431 calories, 23g fat, 33g protein, 30g carb. Top with 1 Tbsp each of guacamole and nonfat sour cream for an extra 33 calories and 2g fat.



Restaurant redo
ONLY
431
CALORIES
23 grams of fat

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OCTOBER'S SUPERFOOD: RED GRAPES!

Nothing like a healthy snack that doesn't need to be unwrapped, cut up, or otherwise fussed with. **All grapes have only 100 calories per cup and provide fiber, potassium, and vitamin C. But red and purple grapes may have a bit of an edge: the nutrient anthocyanin,** which research shows may have cancer-fighting properties. And because domestic grapes—in season this month—often have lower levels of pesticide residues, you don't even need to splurge for organic, says dietician Jackie Newgent, R.D., author of *Big Green Cookbook*. (Don't worry about that white powdery stuff you sometimes see; it's usually just natural fermentation.) Toss grape halves with goat cheese and pistachios into a salad, chop and stir into couscous, or freeze 'em for a sweet treat. —NICOLE YORIO

A simple DIET TWEAK that slashes your risk of diabetes

Swapping white rice out for brown could reduce your chances of developing type 2 diabetes by 16 percent, according to new research from the Harvard School of Public Health in Cambridge, MA. Experts want all of us to make the switch, because rates of type 2 diabetes—which is a top cause of heart problems—have nearly doubled among women in the last three decades. But don't stop at brown rice: Eating other whole grains such as barley or wheat every day may cut your risk by a whopping 36 percent, the study found. Try tabbouleh, a Mediterranean bulgur-wheat salad made with tomatoes and cucumber. Whip up an instant version and just add a little feta cheese. Yum! —LAUREL LEIGHT



WE CAN'T STOP EATING...

STONYFIELD OIKOS ORGANIC GREEK CARAMEL YOGURT

Greek yogurt has twice the filling protein as the regular kind, but some people can't take the tanginess.

That's not an issue with this version, which our staffers say "has a real dulce de leche taste" and is "just sweet enough." Bring it to work as a snack—just don't blame us if someone swipes it from the fridge!



Hold the bacon: Women who eat a lot of cured meats may have an increased risk of ovarian cancer, a study found. Look for "nitrate-free" on labels.



You'll use taste buds you didn't even know you had.

Crunchy slivers of sliced almonds. Plump and chewy dried cranberries. Sweet yogurt clusters with just a hint of vanilla. It's Raisin Bran with so much more. And now, there's even more cereal in every box.



PERFECT PULLED PORK

INGREDIENTS

5 lbs. boneless pork butt shoulder
1 ½ tsp. smoked paprika
2 tsp. black pepper
1 tsp. cayenne pepper
1 tsp. dried thyme
1 tsp. garlic powder
½ tsp. salt
1 c. water
soft sandwich buns

DIRECTIONS

Combine all seasonings in a small bowl and rub evenly over roast. Place meat in a 6-quart slow cooker. Add water. Cover and cook on LOW for 6-8 hours or on HIGH for 4-5 hours or until pork is very tender.

Place pork on large cutting board or platter and let rest for 10-15 minutes. Pull, slice or chop to serve. Serve in buns with barbecue sauce.

Serves 16-20

TheOtherWhiteMeat.com

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100% GOOD FOR YOU



HUNGRY GIRL'S FOOD FIX

Halloween candy bests and worsts

You can get through October without going up a costume size! Just follow Hungry Girl Lisa Lillien's advice.

It's not the fake fangs, spiders, or haunted houses that scare my friends most this time of year. Oh, no—it's the pillowcases full of chocolate and candy corn! My advice: Never stock your house with your absolute favorite candy (you know who'll eat most of it), and keep this in mind when snagging a piece from your kid's trick-or-treat bag:

BEST

WORST

CHOCOLATE MINIATURE



3 Musketeers Minis

(24 calories, less than 1g fat)

You'll save calories if you go for chocolates with light and airy insides instead of denser fillings.

Butterfinger Minis

(45 calories, 2g fat)

Mindlessly down a few of these and you might as well have eaten a whole bar. Whoops!

FRUITY CANDY



Fun-size Lemonheads

(50 calories, 0g fat for 10 pieces)

Most fruit-flavored hard candies have reasonable calorie counts. But tart ones take longer to eat!

Starburst Fruit Chews

(204 calories, 4g fat for 10 pieces)

Chewy Starbursts are one of the only fruit candies that contain fat; each square has 20 calories.

FULL-SIZE CANDY BAR



York Peppermint Pattie

(140 calories, 2.5g fat)

Light and airy filling means fewer calories; plus, intense mint and dark-chocolate flavors really satisfy.

Snickers

(280 calories, 14g fat)

Packed with peanuts? Yep, calories too. It's best to avoid treats with nuts and caramel.

HALLOWEEN SPECIALTY CANDY



Peeps Pumpkins

(16 calories, 0g fat)

Fluffy, sweet, and low-cal? Yes please! Six of these babies still come in under 100 calories.

Reese's Peanut Butter Pumpkin

(170 calories, 10g fat)

There's literally no higher-calorie combo than chocolate and PB.

CANDY CLASSICS: CALORIE CHEAT SHEET



A Dum Dum lollipop
20 calories, 0g fat



Three Hershey's Kisses
67 calories, 4g fat



Handful of candy corn
(10 pieces)
64 calories, 0g fat



One Original Tootsie roll
26 calories, 0.5g fat

OVERALL PICK OF THE SEASON

TOOTSIE CARAMEL APPLE POP

(60 calories, 0.5g fat)

Suckers generally last a long time—meaning that by the time you finish them, you won't feel the need to go back for seconds... or thirds... or fourths. Tart, fruity, and fun, this pop is a true Hungry Girl favorite.



For tons more tips, check out Lisa Lillien's website, hungry-girl.com.



*Perfect Pulled
Pork Sandwich*

COME & GET IT.

When you've got a million things to do, it's nice to know dinner can take care of itself. After some quality time in your slow cooker, Perfect Pulled Pork will be fall-apart tender, mouthwateringly moist and ready to please! Find recipes, simple cooking tips and more at TheOtherWhiteMeat.com



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Eva Longoria Parker



She's a restaurateur (Beso), a nightclub owner (Eve), and maybe you saw her in that little show, *Desperate Housewives*? But here, Eva tells REDBOOK she plays her favorite role in her own kitchen.



"Tony is definitely a food snob! He's a French connoisseur."



"I fry my turkey for more flavor."



"I love my garlic press from the Pampered Chef."

It's not a party unless I'm cooking. Some people find entertaining stressful, but it is therapeutic for me; I find it relaxing. We always have our family over in San Antonio and friends over in Los Angeles. [Eva's husband, NBA star Tony Parker, plays for the San Antonio Spurs.] At our house in San Antonio, I had my stove built into the island so I can face out when I'm cooking, as opposed to having my back to everybody.

My worst habit in the kitchen is not allowing anybody to help me. I like to cook by myself. Tony calls me "the crazy woman" at Thanksgiving. He says, "Don't get near her; she's in her crazy mode." I always host Thanksgiving at our house. We typically have about 20 to 25 people, family and friends, including all of the "homeless" basketball players on Tony's team who live too far away to go home for the holiday. I deep-fry our turkey. It's juicier than roasting it.

My signature dishes are ropa vieja [a Caribbean shredded-beef dish] and tortilla soup. I found the tortilla-soup recipe in a magazine when I was 14. It might have been REDBOOK!

Home cooks should spend more time prepping so they spend less time cooking. I do all of my chopping in advance so that when I'm ready to cook, everything is waiting for me.

Baking is too precise for me. I cook with a pinch of this or that.

I could never give up Mexican food. Nachos are usually my go-to if I'm courtside at an NBA game. I always, *always* get my picture taken with my mouth wide open and a tortilla chip sticking out of it!

—AS TOLD TO ELIZABETH JENKINS



"I experiment with different chiles in my tortilla soup."*



"Every cook needs a great knife. I use an 8-inch chef's knife for everything."



"Here I am, caught with nachos again!"

I COULDN'T COOK WITHOUT

CUMIN



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EUROPEAN BUTTER



I always make sure I have enough. [European butter has more fat.]

LOTS OF OLIVES



Both black and Spanish.

PANKO BREADCRUMBS



It's a Japanese breadcrumb that I use to bread fish, chicken, even goat-cheese balls.

CLOCKWISE FROM TOP RIGHT: JONATHAN SKOW/CORBIS OUTLINE, BIALY/STOCKFOOD MUNICH, ISTOCKPHOTO.COM, JAMES DEVANY/WIREIMAGE/GETTY IMAGES, ANDREW MCCAUL, LASZLO SELLY/GETTY IMAGES, ISTOCKPHOTO.COM, IMAGE SOURCE/GETTY IMAGES (2), COURTESY OF MANUFACTURER, PAUL POPULUS PHOTOGRAPHY INC./STOCK FOOD, LANCE STAEDLER/CORBIS OUTLINE.



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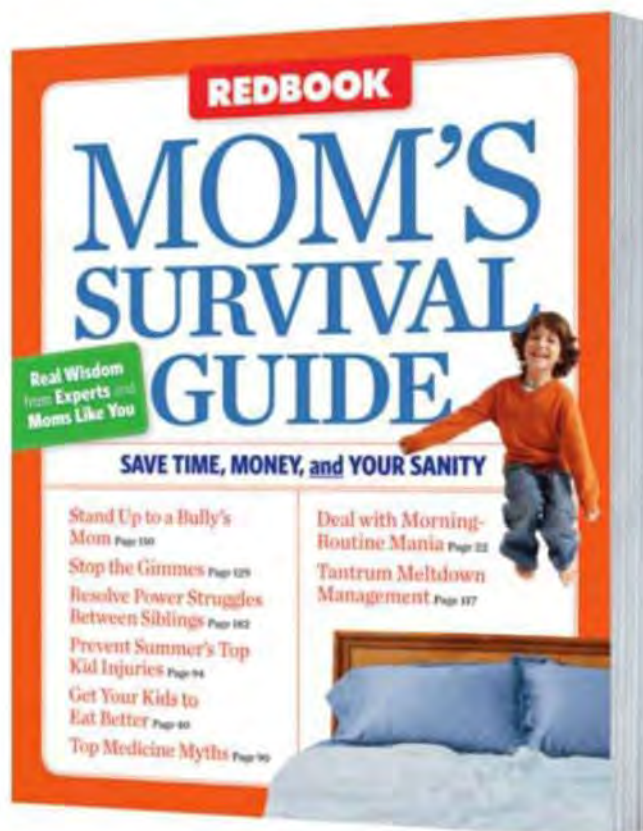
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Losing Weight But Can't Get Rid of **Belly Bulge?**

Getting rid of stubborn belly fat can take more than diet and exercise alone... Popular "feel-good" pill may be solution.

You diet... you exercise... you're even losing weight. But take a look in the mirror... you still have that unsightly belly bulge. Twenty pounds lighter and you still look... well... fat! How in the world can that be possible?

Stress. That's right... stress! As it turns out, the same diet that's helping you lose weight might actually be causing you to retain figure-destroying belly fat. That's because dieting is stressful. You worry about what to eat... when to eat... how much to eat. All that worry leads to "diet stress."

And, as we all know by now, even ordinary, everyday stress can cause your body to increase or retain belly fat. That's why you can go on a diet, lose weight, but still look thick around the middle.

So what are we to do? Millions of women are turning to weight-control "adjuncts" or "add-ons." These groundbreaking compounds are not really diet pills in the true sense of the word. Instead, they help traditional diet and exercise programs reduce tummy bulge by controlling diet-related stress and anxiety... the same stress and anxiety that can lead to stubborn belly



“Excess tummy flab may not be your fault: That's the startling conclusion reached by scientists who discovered the likely cause of stubborn belly fat.”

fat retention (not to mention that all-time diet killer "Nervous Binge Eating").

Over the past five years, the most popular "Belly Fat" pill has been Relacore® (from the Carter-Reed Company™). Relacore has sold more than 12.7 million bottles worldwide and is affectionately called "America's #1 Selling

"Belly Fat" Pill." Relacore has a great track record... and it wouldn't be America's #1 selling "Belly Fat" pill five years running if people didn't love it.

Let's face it, you not only want to lose weight, you want to look good... and looking good means a thinner waist and flatter tummy.

So if you're ready to go on a diet, or if you're already losing weight and having a hard time getting rid of your stubborn, stress-related belly bulge, try this exceptional tummy-flattening, feel good pill. America's most popular weight-control "adjunct," Relacore.

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PAGE 64: Avon SuperMagnify **Mascara**, \$8.50; 800-FOR-AVON, avon.com. Clinique High Impact Curling **Mascara**, \$14; clinique.com. For more information on **Latisse**, visit latisse.com. FusionBeauty StimuLashFusion Intensive Night Conditioning **Lash Enhancer**, \$89; Sephora, Ulta, fusionbeauty.com for info. Talika Lipocils Expert **lash enhancer**, \$55; talika.com. Kevyn Aucoin **The Eyelash Curler**, \$20; kevyneaucoin.com. Duo **Eyelash Adhesive**, \$8; sephora.com.

PRETTY FAST

PAGE 66: Salon by Sally Hershberger Mineral Spray 3D Texture Layer Lift **hair spray**, \$24; HSN, hsn.com. Stila One Step Correct **serum**, \$36; stilacosmetics.com. Eight Body Moisture Natural Sisal Dry Skin **Body Brush**, \$20; eightbodymoisture.com. OPI **Nail Lacquer**, \$8.50; Beauty Brands, Beauty First, Dillard's, JCPenney, Pure Beauty, Regis, Trade Secret, Ulta. Givenchy Play for Her **Eau de Parfum Intense**, \$75; Macy's, Nordstrom, Dillard's, Sephora, givenchybeauty.com. Paula's Choice Brighten Up 2-Minute **Teeth Whitener**, \$15; paulaschoice.com. Clarins Instant **Blush Magic Colour**, \$26; Clarins counters nationwide, clarins.com. Dior Addict **Ultra-Gloss**, \$27; Dior Beauty counters nationwide. The Good Home Co. **Hand Sanitizer**, \$6; thegoodhomestore.com.

BEAUTY CONFESSIONS

PAGE 68: Bremenn Research Labs Facial **Spider Veins Formula**, \$79; Sephora, Ulta, bremennlabs.com. Yves Saint Laurent Silky Sensual Radiant **Lipstick**, \$34; yslbeautyus.com. Anne Taintor **emery boards**, \$5.50; anntaintor.com.

BEAUTY CALL

PAGE 72: For more information on Hairdo Salon **Clip-In Extensions** From Jessica Simpson and Ken Paves, visit hairuwear.com. NYX **Cream Blush**, \$6.50; urbanoutfitters.com. Ready to Wear Blendable **Gel Eyeliner**, \$15.50; HSN, hsn.com. Orofluido **Hair Oil**, \$40; orofluido.com for salons.

43 WAYS TO LOOK YOUNGER

PAGE 82: St. Tropez Wash Off Instant Glow Mousse **self-tanner**, \$23; select retailers and luxury spas, sttropeztan.com.
PAGE 83: Laura Mercier **Bronzing Duo**, \$32; Neiman Marcus, Saks Fifth Avenue, Nordstrom, Bloomingdale's, Sephora, lauramercier.com. Philosophy the MicroDelivery **Purifying Peel**, \$40; philosophy.com. Smashbox Eye Beam **Double-Ended Brightener**, \$22; Nordstrom, smashbox.com. Bourjois Anti-shine **Blotting Sheets**, \$10; amazon.com. MAC Cosmetics 187 Duo Fibre Face **brush**, \$42; all MAC locations, 800-588-0070, maccosmetics.com. Boots No7 Radiant Glow **Foundation**, \$16; Target, target.com. Bare Escentuals Buxom Lash **Mascara**, \$18; Sephora, sephora.com.
PAGE 86: Essie **nail polish**, \$8; essie.com. Laura Geller **Brow Marker**, \$23; macys.com. TouchBack **hair marker**, \$30; Ulta, touchbackgrey.com. Mally Perfect Prep Soothing **Eye Gel**, \$45; qvc.com.
PAGE 87: Elizabeth Arden Ceramide Plump Perfect Ultra All Night Repair and Moisture **Cream** for Face and Throat, \$62; shop.elizabetharden.com. René Furterer Carthame Gentle Hydro-Nutritive **Mask**, \$42; spalook.com. Pureology EssentialRepair **Restorative Hair Masque**, \$50; pureology.com for salons. Klorane

Hair Mask with Papyrus Milk, \$24, and Intense Nutrition Repair **Mask** with Mango Butter, \$24; beauty.com, spalook.com. Kate Somerville Somerville360° **Tanning Towelettes**, \$48; katesomerville.com.

PAGE 88: Lumene Vitamin C+ Bright Skin Radiance Nectar **serum**, \$22; CVS, Ulta. Naturopathica Plant Stem Cell **Serum**, \$48; naturopathica.com. Yves Rocher Cure Solutions 24-HR Antioxidant Shield **Serum**, \$48.

Q & TRIPLE A

PAGE 94: Duri Rejuvacote **Nail Growth System**, \$14; 800-724-2216, duri.com. Spa Sister Cotton Overnight **Gloves**, \$7; amazon.com. CND SolarOil **nail oil**, \$7; cnd.com.

EASY STYLE FOR YOUR COMPLICATED LIFE

PAGES 196-197: Tibi "Plume" **dress**, \$385; Tibi Boutique, NYC, 212-226-5852. Laura Elizabeth **necklace**, \$143; lauraelizabethjewelry.com.

PAGE 198: Helen Kaminski "Rawnie" **hat**, \$295; Fred Segal, Santa Monica, CA, 310-393-3433. Rebecca Taylor **sweater coat**, \$395; rebecca.taylor.com. Fifteen-Twenty **top**, \$172; boutique.toyou.com. Rebecca **necklace**, \$665; Mednikow, Memphis, 901-767-2100. Joe's Jeans "Muse" **jeans**, \$167; joesjeans.com.

PAGE 199: Twinkle by Wenlan "Déjà Vu Dance" **dress**, \$291; A. Cheng, Brooklyn, NY, 718-783-2826.

PAGE 200: Eileen Fisher "Eco Cashmere" **robe**, \$368 (available as of October 27); 800-622-6216, garnethill.com. Josie Natori **gown**, \$250; natori.com. Simon G. Jewelry initial **pendant**, \$836; simongjewelry.com.

PAGE 201: Catherine Malandrino **top**, \$395; Catherine Malandrino, NYC, 212-925-6765. Enza Costa **tank**, \$69; Ron Herman, Los Angeles, 323-653-3221. Sisco Family Jewels "Gold Filler" **bracelets**, \$40, and "Naturals" **bracelets**, \$88; siscofamilyjewels.com. Kara Ackerman Designs "Wooden Giraffe" **bangle**, \$75; karaackerman.com. La Petite Princesse "Big Mirror" **ring**, \$118; nolitajewelry.com. Hale Bob "Road Warrior" **leggings**, \$188; shophalebob.com. Hunter Boot "Original Tail" **boots**, \$125; The Limelight, NYC, 212-359-5507.

PAGES 202-203: Leifsdottir "Precious" **blouse**, \$178; Tootsies, Atlanta, 404-842-9990. Nicola Yoon Design **necklace**, \$284; nicolayoon.com. Gorjana "Calvin" **bracelet**, \$60, and "Griffith Diamond Globe" **bracelet**, \$190; gorjana.com. Kacey K. **bangles**, \$250 for set of six; kaceyk.com. Linea Pelle Vintage **belt**, \$80; Traffic Women, Los Angeles, 310-659-4314. J Brand **pants**, \$216; jbrandjeans.com.

THINKING STRAIGHT?

PAGE 206: Blow Heat Is On **protective product**, \$18; blowny.com. Avon Advance Techniques **Frizz Control** Lotus Shield, \$12; 800-FOR-AVON or avon.com for a representative.

PAGE 207: For more information on **keratin treatments**, visit brazilianblowout.com, braziliankeratin.com, keratincomplex.com, or globalkeratin.com. Bumble and Bumble **Mending Shampoo**, \$28; bumbleandbumble.com. Hair Rules Blow Out Your Waves **protective spray**, \$20; ulta, hairrules.com.

PAGE 208: Free Your Mane Sulfate Free **Shampoo**, \$16; freeyourmane.com.

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PAGE 222: Ikea Maggan **table runner**, \$6; ikea.com. Ballard Designs Sidney **dining table**, \$349; ballarddesigns.com. Sea Gull Lighting Downlight **Pendant** in Flemish Bronze Finish with Creme Parchment Glass Shade, \$208; seagulllighting.com. Sea Gull Lighting 1-Light Serenity **Mini-Pendant**, \$81; lowes.com. Joanne Hudson Annapolis **bowl**, \$45; joannehudson.com. Lamps

Plus black and silver indoor 24-inch **wall clock**, \$92; lampsplus.com. Le Creuset Whistling **Tea Kettle**, \$70; bloomingdales.com. Pottery Barn Tile Indoor/Outdoor **Rug**, \$49 to \$149; potterybarn.com. DwellStudio for Target Suzanni seven-piece kitchen **textile set**, \$20; target.com. Metal and wood ladder-back **bar stool**, \$210; elegantbarstools.com. Joanne Hudson Falmouth **Pitcher**, \$40; joannehudson.com. Target **canisters**, \$15 to \$20; target.com. Le Cadeaux melamine **salad plate**, \$11; amazon.com/home.

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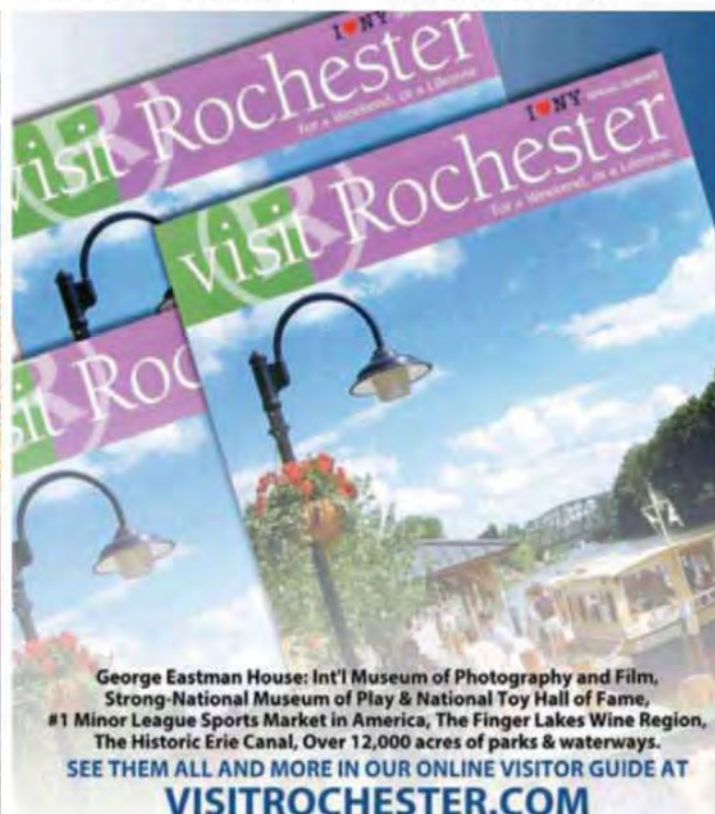
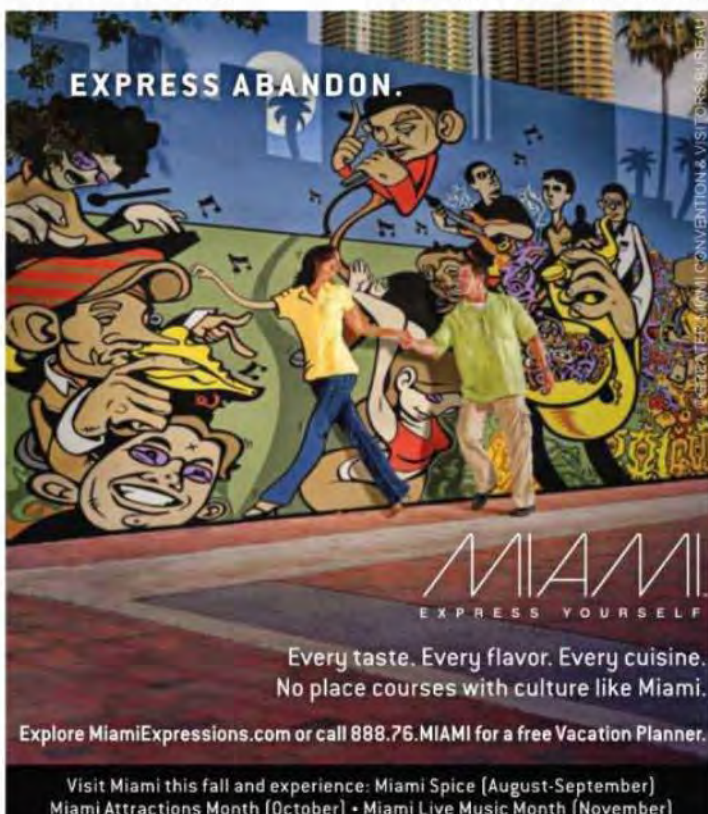
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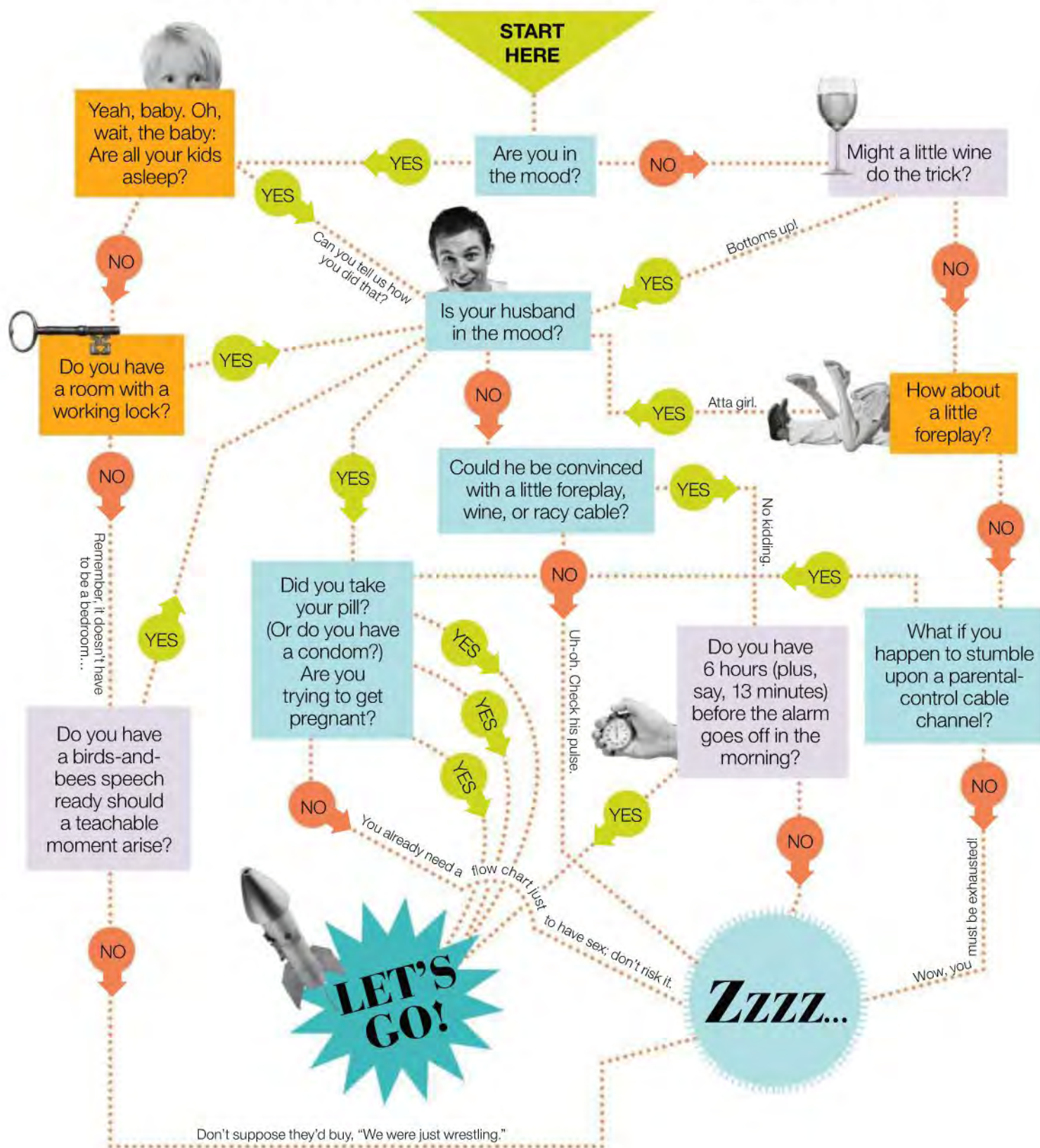
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